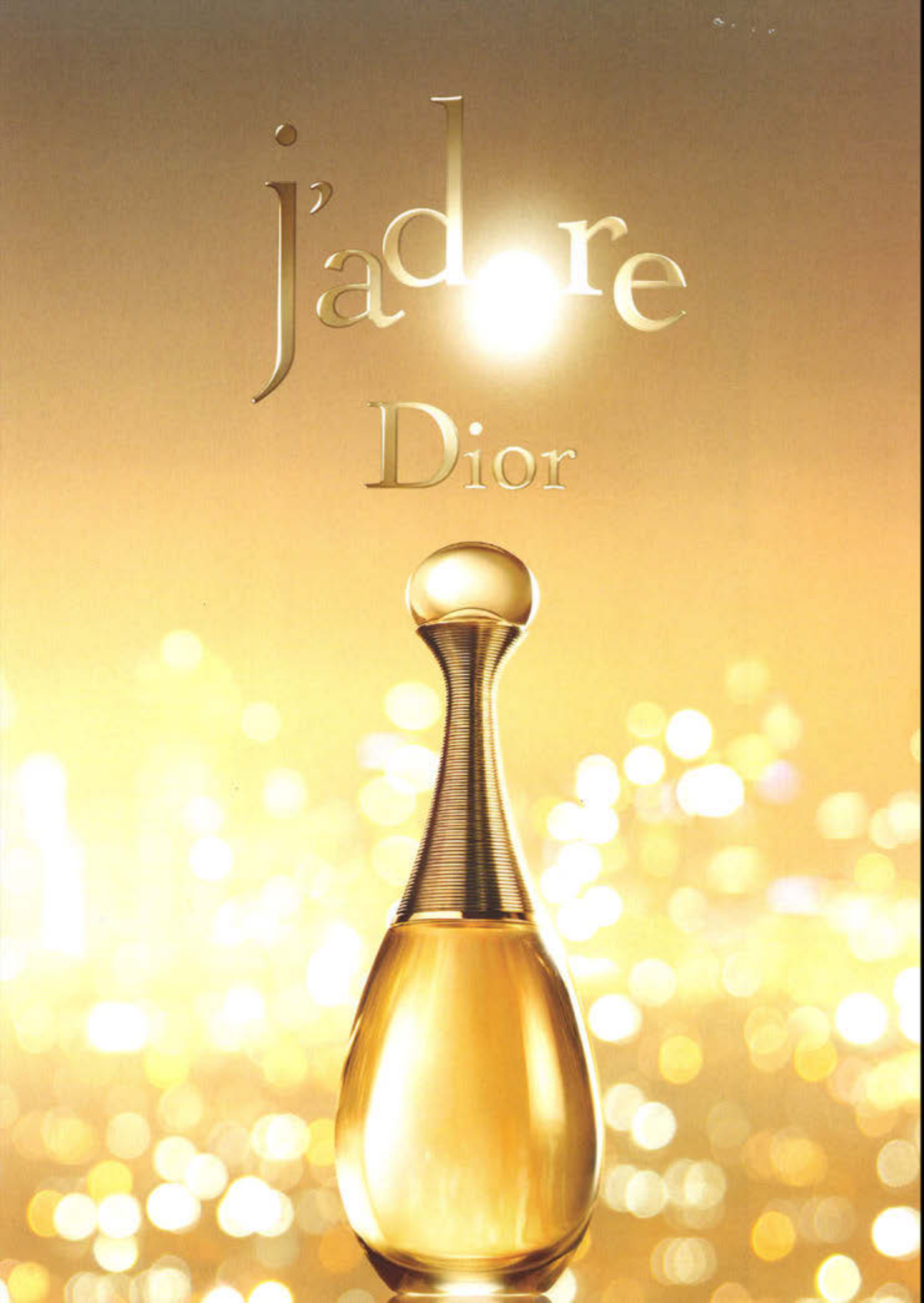
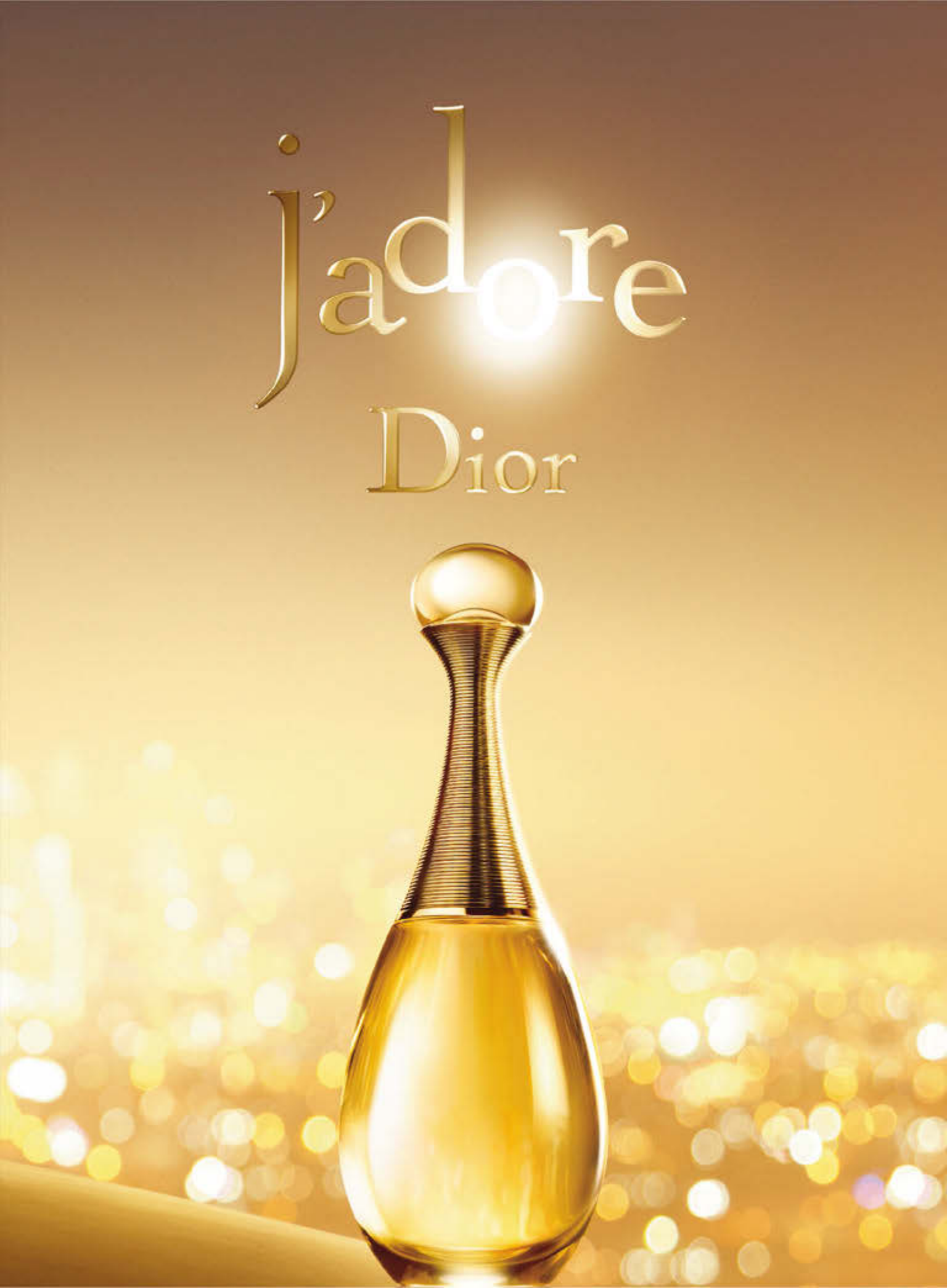

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Michelle Obama, Sarah Jessica Parker, Kerry Washington
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Sasha Pivovarova: model, mom, world changer.

**Dior** dress. On daughter Mia, age three: **Oscar de la Renta** dress. **See Glamour Shopper for more information.**

PAMELA HANSON

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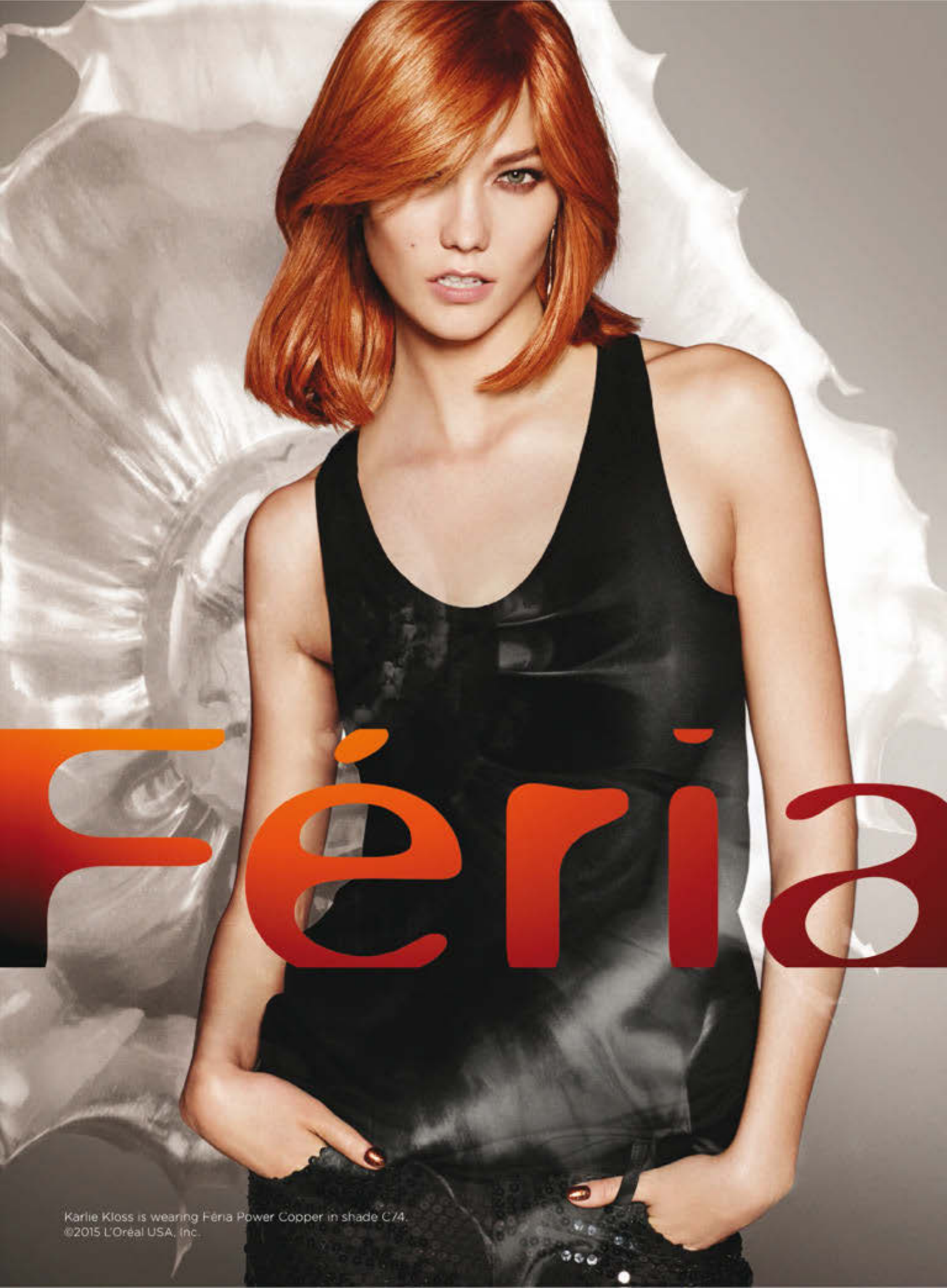

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***We asked our staffers:***

## What's your favorite swimsuit, and why?

"A black string bikini. Classic." ***—Brooke Ely Danielson, associate accessories editor***

"A white high-waisted bikini à la Grace Kelly—so I can at least *pretend* I have curves." ***—Eillie Anzilotti, editorial assistant***

"Jason Wu's scuba maillot, complete with short sleeves." ***—Lauren Chan, fashion writer***

"A slightly skimpy bottom with side ties and a ruched center makes your booty look J.Lo-good." ***—Marissa Gold, senior online editor***

"Phoebe Cates' red bikini from *Fast Times at Ridgemont High* is my ideal. Simple but unforgettable." ***—Abbe Wright, contributing editor***

"I had a green and white gingham bikini when I was four. I loved that thing." ***—Anne Sachs, executive digital director***



**ON OUR COVER** First Lady Michelle Obama, Sarah Jessica Parker, and Kerry Washington were photographed by Patrick Demarchelier at the White House. Fashion editor: Laura Ferrara; hair for Mrs. Obama: Johnny Wright; hair for Parker: Josué Perez for Tracey Mattingly; hair for Washington: Takisha Sturdivant for Ken Barboza Associates; makeup for Mrs. Obama: Carl Ray; makeup for Parker: Leslie Lopez for The Wall Group; makeup for Washington: Carola Gonzalez for Neutrogena; production: North6. **On Mrs. Obama:** Narciso Rodriguez dress. **On Parker:** Oscar de la Renta dress. Phyne by Paige Novick earring. **On Washington:** Narciso Rodriguez dress. Vita Fede earrings. Jennifer Meyer bracelet. For pink lips like Washington's, try Neutrogena MoistureShine Gloss in Healthy Blush ($8, at drugstores). See Glamour Shopper for more information. Read about the First Lady's work to support veterans and their families on page 204.

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Me, photobombing our amazing cover stars at the White House. Watch our Instagram videos @glamourmag.

# In Praise of Strong Women

They're all over this issue, starting on the cover.

It was a pinch-yourself kind of morning: bright, breezy, and there we were in the White House—just Olivia Pope, Carrie Bradshaw, and me. Only better, because of course I was with the very real, *non*fictional Sarah Jessica Parker (shoe designer and nicest person on the planet) and Kerry Washington (hilarious and utterly unflappable), and we were there to spend the day with First Lady Michelle Obama (awesome hostess, BTW), talking about an issue so important to our country: the care and support we owe veterans and their families. It's been six years since Mrs. Obama last appeared on our cover; she told *Glamour* then that she wouldn't just jump into championing any old cause—she would wait for those few that really moved her. This one *has,* and now some of Hollywood's fiercest forces have joined her (and her partner Dr. Jill Biden) in their Memorial Day message. You'll find out more, and how to help, on page 204—and throughout this issue, you'll hear from other women who have stood up for the things they believe in, from the moms on page 214 and the college students on page 160 to, of course, the female soldiers themselves on page 213. So: What do *you* stand for? And who will *you* inspire? I hope this issue helps point the way.

Cindi Leive, editor-in-chief
@cindi_leive



## *Love* This!

Want to hear the sweetest backstory from this issue? For our shoot on page 190, hairstylist David von Cannon created a short, choppy wig to transform long-haired model Constance Jablonski, right. Afterward, in the elevator of his Miami hotel, he started chatting with fellow passenger Norma Dorman, 52—who was wearing a headscarf because she'd lost her hair to chemo. "When David told me he was a hairdresser, I said, 'I don't need a hairdresser—I don't have any hair!'" recalls Dorman, at which point he led her out of the elevator and placed the wig on her head (see the two of them at top). It fit perfectly, and she's been wearing it ever since. Says von Cannon: "Life's so special if we open up and engage those around us. Meeting Norma reinforced that belief." Open up and engage—I love that message.





**Giveback** As you'll read on page 204, the more than 2.5 million servicemen and -women who have returned from Iraq and Afghanistan since 2001 still need our attention. So for this month's generous act, consider supporting Give an Hour, a nonprofit network of nearly 7,000 mental health professionals who volunteer their time treating service members and their loved ones. "Give an Hour ensures that those who serve can continue to be leaders in our communities and have the lives they deserve," says founder and president Barbara Van Dahlen. Just $17 at giveanhour.org covers one hour of counseling to help veterans heal—and thrive.

LEIVE AND COVER STARS: **PATRICK DEMARCHELIER.** ON LEIVE: NARCISO RODRIGUEZ DRESS. FOR ALL OTHER FASHION CREDITS, SEE GLAMOUR SHOPPER. VON CANNON AND DORMAN: DR. MICHAEL DORMAN. JABLONSKI: **GILLES BENSIMON.** GIVEBACK: DEREK DAVIS/PORTLAND PRESS HERALD VIA GETTY IMAGES

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# Thanks, Mom!

In honor of Mother's Day, we asked our contributors: What have you learned from the alpha women in your lives?



"My mom always said that success can come only from hard work—and patience."

*—photographer Justin Coit (far left, with mom Deirdre), who photographed this year's Top 10 College Women, page 160*



"I learned unconditional love will get me through tough times. Having my mom in my corner improves my world."

*—writer Roxane Gay (above left, with mom Nicole), who tackles street harassment in "Don't 'Hey, Baby' Me," page 154*



"My mom taught me that when you see a problem, you must roll up your sleeves and get to work. My foundation's work is a tribute to her."

*—model and philanthropist Liya Kebede (above left, with mom Addisalem), who shares what she's learned from having children on page 214*



"My mom said it's all right to make questionable (OK, bad) decisions, because you can learn from the consequences."

*—Dana Perino, cohost of Fox News' The Five (far right, with mom Janice), who shares career tips on page 170*



"My mom showed me how to fight with people you care about—hint: do it early and sober—and how to make up. Way more useful than calculus."

*—writer Kat Stoeffel (near left, with mom Maggie), who wrote "How to Date (Responsibly) at Work," page 143*



"From my mom I learned not to wallow in problems but look for ways to solve them. That sense of grounded optimism is my greatest asset."

*—writer Shaun Dreisbach (near left, with mom Judy), who covers skin cancer on page 133 and beach-ready workouts on page 224*

COIT: CHRIS PATEY. GAY: MICHAEL GAY. KEBEDE: GILLES BENSIMON/PARIS MATCH/CONTOUR BY GETTY IMAGES. PERINO: PETER MCMAHON. STOEFFEL, DREISBACH: COURTESY OF SUBJECTS


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# Live From New York, It's...

...the March issue! The women of *Saturday Night Live* cracked you up, *Fifty Shades* riled you up, and the rest of our stories? Well, you had *a lot* to say.



"My dream dinner party," tweeted @Evvo_D about the funny women of *SNL* (including, from left, former cast members Laraine Newman, Kristen Wiig, and Amy Poehler).

Whatever planet the @nbcsnl women hail from, in the words of Liz Lemon, "I want to go to there." *—Elly Ayres, via Twitter*

*Everybody* loves *SNL,* and the 40th anniversary is an amazing feat. Those people work harder than anyone in the business—reading your article definitely proved that. *—Shelby Engele, Regina, Saskatchewan*

Such a great article on the determination and camaraderie of the women on *SNL*. *—Casey McKinnon, via Twitter*

Thank you, *Glamour,* for this reunion, I loved it! The women of *SNL* are so amazing, and it's great to see them all together. Women in comedy, yes! *—megmaccormas, via glamour.com*

*Check out video.glamour.com to hear Tina, Amy, Kristen, and company on their favorite characters and funniest moments.*

**Sounding Off on *Fifty Shades***

I had to get out my fire extinguisher because @JamieDornan and Dakota Johnson's @glamourmag March 2015 cover was hot and on fire! Wow! *—Melissa Miller, via Twitter*

A man on the cover? What happened to a woman being good enough on her own? I praise *Glamour* for showcasing the successes of beautiful and driven women, not the characters they have sex with. *—Abigail Yonker, Fort Worth, Tex.*

*Glamour,* a generation of women follow you, so I was surprised to see your story on *Fifty Shades of Grey.* It isn't a love story—it's an abusive relationship, and Christian Grey isn't a man you should aspire to be with, unless you like controlling, misogynistic men. *—Tracie Schwertley, Oswego, Ill.*

## Where Has Your *Glamour* Been?

*Glamour* readers have world traveling *down.* If these sunny photos don't make you want to grab a swimsuit and board a plane sometime this summer, we don't know what will.



"Palawan, Philippines, for my 28th birthday!" *—Molly Nevola, 28, Washington, D.C.*



"Sayulita, Mexico, for my eighth wedding anniversary." *—Jill Christopher, 41, Sacramento, Calif.*



"On my honeymoon in Costa Rica—*pura vida.*" *—Lonya Davis, 35, Norwalk, Conn.*



"Girls' trip to Nicaragua!" *—Mel Livanos, 33, Chicago; Charlie Miller, 36, Naples, Fla.; Christina Romas, 35, Chicago*



"On a cruise of the Yasawa Islands in Fiji." *—Kelly Helgeson, 33, Rhinelander, Wis.*

*Gone someplace special with your* Glamour*? Send or tweet us a photo! See details on page 40.*

**continued** on next page

SNL: **JASON BELL.** WHYGB, FROM LEFT: HANNAH RICHARDSON; ROD CHRISTOPHER; LOUIS DAVIS; EDWIN IRIAS PASTORA; SHARON SCOTT


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**Some Answers to "What Are You?"**
I have lived exactly what Simone Kitchens describes in "What Are You?" Even as an adult, I'm still asked that question. My response now is simply "I'm a human, what are you?" Thank you for this story! *—Amber A.M., Athens, Ga.*

I don't think questions like "What are you?" are meant to be cruel, but rather inquisitive: "If we're from the same place, why don't you look like me?" Kudos to Simone Kitchens for showing her fellow "others" how to take pride in looking "different," when sometimes we want to blend in. *—AccordingToJenn, via glamour.com*

I'm a mixed-race girl, and "What Are You?" hit so close to home. People don't realize that when they question your identity, you begin to question your own. *—aisharenee, via glamour.com*

**And elsewhere in the issue...**
I enjoyed Zosia Mamet's column, "Why Women Stay Too Long in Relationships." I recently left a relationship of nine years—my fiancé looked fantastic "on paper," but I didn't feel complete. It made me so happy to read that other women go through the same torture when deciding to stay or to go. *—Leah Rumbel, Ringtown, Penn.*

@ZosiaRMamet wrote the best article I've ever read in the March issue of @glamourmag. #finallymovingon. *—Chelsea Scott, via Twitter*

Maureen Choi's "So *This* Is How to Wash Your Face" was an informative tear-out-and-save piece. One tip to add: Wash your hands thoroughly before you wash your face. Keeps extra germs away! *—Gina Caceci, Falls Church, Va.*

**My Mom Was a Top 10 College Woman!**
On page 160 of this issue, you'll meet the winners of this year's Top 10 College Women Competition. The contest is quite different from when it started 58 years ago as the "Ten Best-Dressed College Girls" (progress!), but some things haven't changed—like the impact winning has on our honorees. Julie Shadd Kennedy recently wrote to *Glamour* about her mom, Nancy Griffin Shadd, who won in 1963 (below). "Seeing my mother in *Glamour* showed me I could do anything," Shadd Kennedy recalls. "Today, at age 72, she continues to make significant contributions to her community." The contest inspired Griffin Shadd's passion for travel; she has also kept in touch with some of her fellow winners. "Something like this stays with you," Griffin Shadd says. "It makes your world bigger."




We sent our 1963 winners on trips abroad; Griffin Shadd, center, traveled to Bondi Beach, Australia.

MILTON GREENE/CONDÉ NAST ARCHIVE

*Missed any of the stories in our March issue? Download the digital edition from your device's app store.*

**GOT AN OPINION?** Sure you do—and we want to hear it. Email us at letters@glamour.com; tweet to @glamourmag; comment on glamour.com or facebook.com/glamour; or write us at *Glamour,* One World Trade Center, New York, NY 10007. Submissions and comments become the property of the magazine and won't be returned; they may be edited and can be published or otherwise used in any medium.

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# What Everyone's Sharing Now

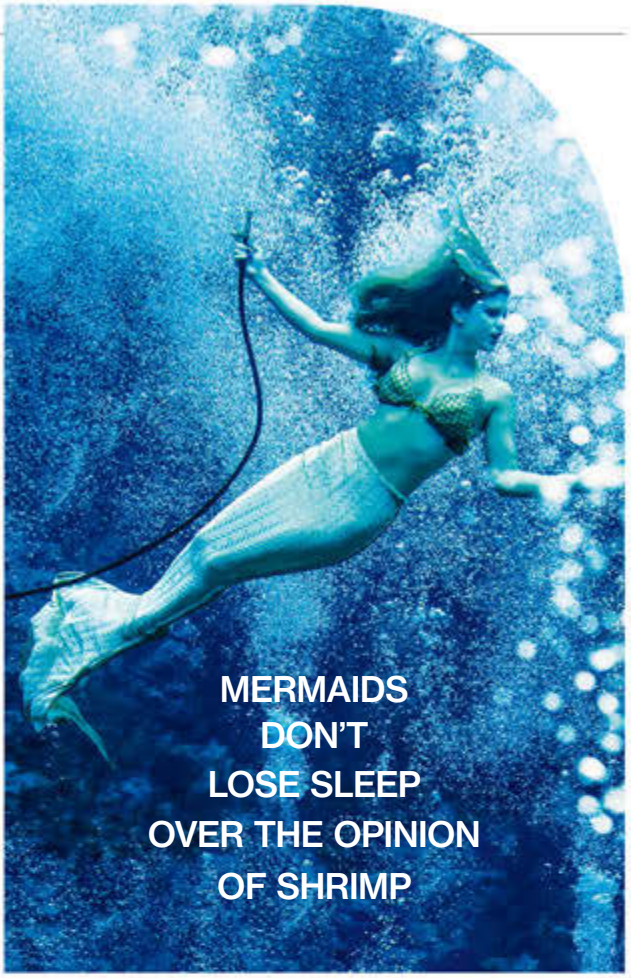
We're loving these bits from your timelines, ladies. Curated by Alexandra Schwartz




Modified from a pin by Maria Chacon; photograph by Daniel Kincaid




Modified from a pin by Liz Perkins




Modified from an Instagram by @felicia_clemons




Modified from a pin by Leigh Kennedy

**Like What You See?** Share this month's picks by visiting *Glamour*'s Facebook, Instagram, Pinterest, Tumblr, and Twitter pages. And send a link to anything else you're loving to **omg@glamour.com.** It could end up here!

MERMAID: CHRISTINA GARCIA RODERO/MAGNUM PHOTOS/TRUNK ARCHIVE. MOTHER WITH DAUGHTER: NORMAN PARKINSON/CORBIS. TYPEWRITER: LILIGRAPHIE/SHUTTERSTOCK

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Brilliant ideas for what to do, wear, drink... you know, pretty much everything that makes summer *summer*



## Get Beach-Ready, Fast

Workouts, recipes, motivation, and more to have you feeling gorgeous in time for the sun and sand, at glamour.com/health-fitness.



## Kick Off Cocktail Season

Toast the start of summer with our delicious and easy recipes at glamour.com/living.



## Consider a Fresh Hairstyle

Colors and cuts to try right now—plus how to work them! See them all at lipstick.com.



## Upgrade Your Wardrobe (With Just One Small Change)

The bags, shoes, and jewelry that will make everything in your wardrobe look new, at glamour.com/fashion.

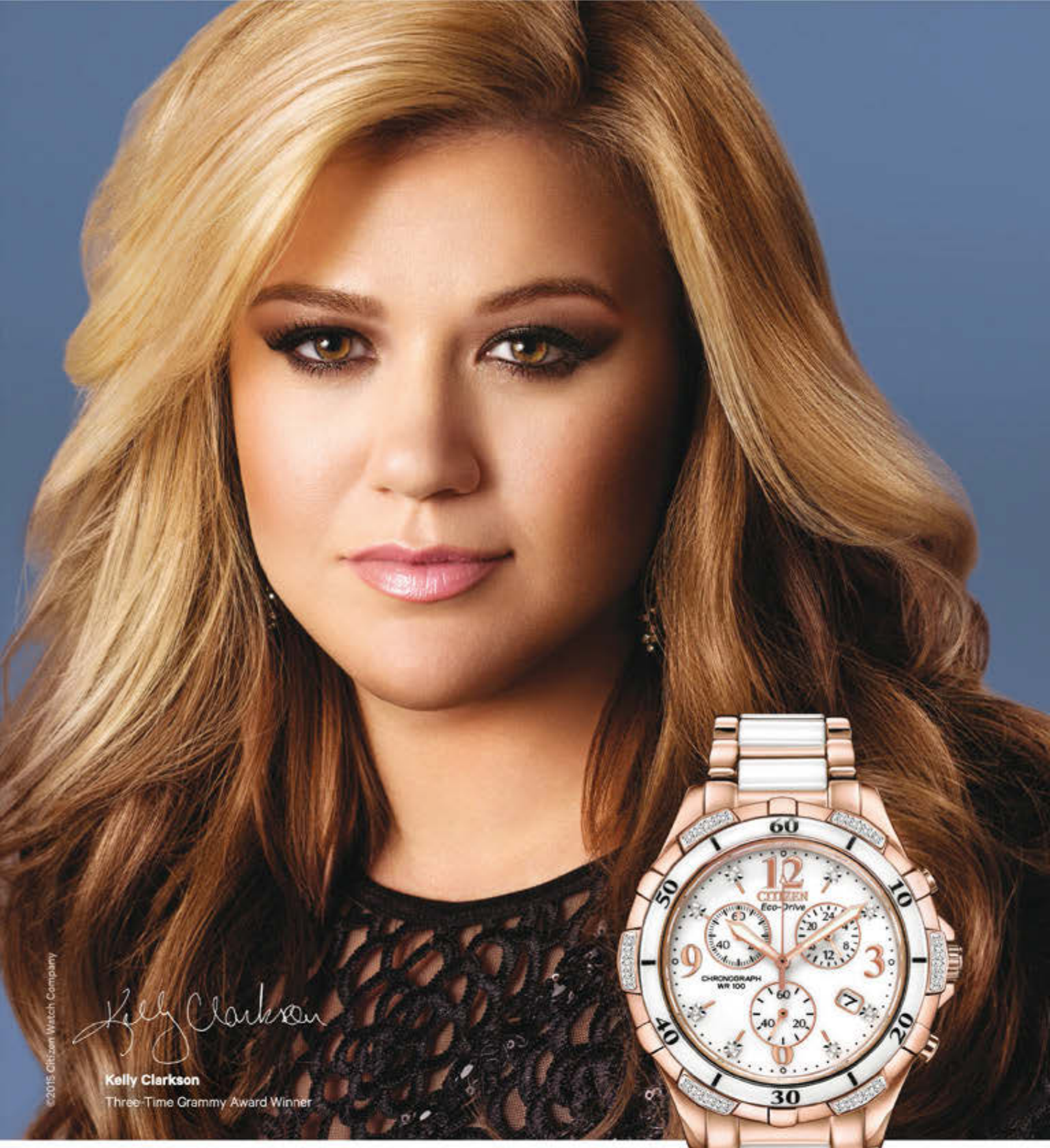
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Edited by Ashley Edwards Walker

# New Do: The Go-Everywhere Mini

Once just for playing, everyone's favorite skirt is now taking on weekdays too.



HADID: TIMUR EMEK/GETTY IMAGES. TORY BURCH COAT, SHIRT, SKIRT, CLUTCH

Pity the poor miniskirt. For years it's been trapped in the weekend section of your closet, venturing out only occasionally, for tropical vacations or drinks with the girls. But this might be the season the mini sees the world, thanks to (slightly) longer versions and new, more mature styling. Heading to the office? Keep things polished with tailored pieces like Gigi Hadid's Tory Burch coat, here. Or if you work at a fashion-forward place, wear your mini with sneakers. Now repeat after us: It's not the length of the skirt that matters; it's how you wear it. —*Amanda Dobbins*

# The Dos & Don'ts of Wearable Tech

Apple, and soon Sony and Samsung, are bringing us watches you can talk, text, and tweet on. So let's get the etiquette straight, shall we? Some tech lovers start us off.

**DO...**"act casual. Play it cool. If you must brag about your fabulous new purchase on social media, please show off your wrist subtly by holding something else, like flowers or a martini. Oh, what's that? Just my $10K watch." *—Alexandra Fiber and Danielle Gibson, founders of SRSLY*

**DO...**stain-protect! "The popularity of the Apple Watch will have huge repercussions, especially at parties: We're going to see lots of people obsessively checking it and, as a result, dumping their cocktail on the carpet. Remember when Audrey Hepburn asks for the time in *Breakfast at Tiffany's*, and her party guest spills his drink?" *—Simon Doonan, creative ambassador for Barneys New York*

**DON'T...**"arrive fashionably late. It will always be a faux pas. There are still no excuses...even for an 'uncharged Apple Watch'!" *—Amber Venz Box, cofounder of rewardStyle and liketoknow.it*

**DO...**"master the arm drop—as in, the motion that dismisses whatever notification just pinged you. Looking at your watch has always been and now forever will be a signal that you're ready to bail on a boring conversation." *—Laura June, tech reporter*

**DON'T...**"take calls on your wrist in public, lest smartwatches supplant Bluetooth earpieces as the mark of a true d-bag." *—Wilson Rothman, personal tech editor at* The Wall Street Journal

**DO...**"use in moderation. The people who will win the future are the people who can shut out distractions, who can sit and think and come up with their own ideas. If Steve Jobs were wearing an Apple Watch and being constantly distracted with notifications, he might not have invented Apple!" *—Arianna Huffington, president and editor-in-chief of The Huffington Post*




Worth lining up for? The Apple Watch (from $349 to $10,000 and up) goes on sale April 24.

APPLE WATCH: COURTESY OF APPLE




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* The NPD Group, Inc. Beauty Trends, January - December 2014 **Shiseido research using MINTEL database



Treat yourself to some flares (like these from Chloé)—you can wear them now *and* come fall.

# Why We Love Flares

Because what other style says, "I'm totally relaxed being in charge"? These are a major Do.



Belt a high-waisted pair for a va-va-voom hourglass effect as this off-duty model did in New York City.



Tailoring is key! (Too-baggy hemlines look sloppy.) Stylist Anya Ziourova nails it here.

You know that feeling when you *kill* it in a meeting with your boss? Or walk out of a party with not one but *two* guys' numbers? What if we told you it was possible to feel that confident—that totally in charge—simply by putting on a new cut of pants? Such is the Marcia Brady magic of the updated flares, which have arrived to give the ubiquitous skinny jean a much-needed break. The bell-bottoms come in everything from paisley (Rebecca Taylor) to metallic (Tom Ford), but you can always start with trusty denim. Wear yours with a tucked-in top or a cropped blouse to balance the wide leg, and add a chunky heel to finish. Intimidated by the extra volume? Don't be. The silhouette slims the waist and elongates the legs (translation: universally flattering!). Plus, there's something about flares that just makes you want to strut *Charlie's Angels*–style. Like we said: These are pants to feel powerful in. —*Fawnia Soo Hoo*

CHLOE: CAROLA DE ARMAS/BLAUBLUT EDITION/TRUNK ARCHIVE. HIGH-WAISTED: FRENCH'Y STYLE/BLAUBLUT EDITION/TRUNK ARCHIVE. TAILORED: JULIEN BOUDET/BFANYC.COM

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## BRING STYLE AND FITNESS TOGETHER

CALIA by Carrie Underwood is now available at DICK'S Sporting Goods. Carrie's highly anticipated line brings the best of fitness and style together in a collection you can live your life in. These great looks will inspire you to #staythepath to your fitness goals.

See more at **caliastudio.com**.



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For product information go to **clarisonic.com**.



## #BROWFECTION

This February we teamed up with European Wax Center and top bloggers La La Mer, Nany's Klozet and The Style Scribe for an exclusive afternoon of beauty. Guests were invited to get red-carpet-ready brows with help from European Wax Center's brow experts and enjoyed a mini makeover—just in time for the Oscars®!

To find a European Wax Center near you, visit **waxcenter.com**.



## MILLY FOR DESIGNATION

The MILLY for DesigNation collection embodies Michelle Smith's signature feminine-with-an-edge aesthetic at an exceptional value. Inspired by the seaside of Capri, this clothing line has the painterly prints and a kaleidoscopic color palette that your wardrobe craves for spring.

Shop the collection at **Kohls.com/Milly**. #MillyForKohls



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# Happy 10th Anniversary, YouTube!

To celebrate, comedian Grace Helbig, who got her start on the site, shares her top video Dos.

Ten years ago a short clip, "Me at the Zoo," was uploaded to the World Wide Web on a new video-sharing site called YouTube—and, well, it changed everything. Since then billions of videos have been shared, giving rise to phenomena like "Charlie Bit My Finger," "Psy—Gangnam Style," and, yes, the infamous Justin Bieber (#thankyouinternet). To honor YouTube's tenth, we asked Grace Helbig, star of *The Grace Helbig Project* on E!, for her all-time favorite videos. Don't recognize these? You know what to do: Just YouTube 'em!

**Isaac's Live Lip-Dub Proposal**

"I don't ever want this to happen to me, but I watch this video when I want a satisfying, soulful cry about how great people can be."

**Sophie Rolls Down a Hill**

"Sophie the dog is what we all strive to be. She loves fun and hoodies, and when hardships arise, she lets them roll off her back. Literally. She throws herself down hills in wild fits of happiness."

**Numa Numa**

"This one is a classic feel-good: an average guy dancing like no one is watching, even though everyone is watching. Proof that you don't have to look cool—whatever that means—to enjoy yourself."

## Try the Sideswept Swoosh

Apply volumizer, toss hair to side—it's a Do.



### The Original

Cindy Crawford started it: side part, volume across the top, and a major flip.



### The Relaxed Version

Sienna Miller's baby swoop is less bombshell but still eye-framing.



### The Sleek Take

Swap volumizer for gel to get Cara Delevingne's sexy just-showered look.



The *Glamour* List

## 7 *Things the Selfie Hath Wrought*

***This just in: We take more than 100 million selfies. Every. Single. Day. A few types...***

*By Alexandra Fiber and Danielle Gibson*

1. The Wealfie: a selfie to flaunt your income. Now we know what the inside of a $16 million private jet looks like.

2. The Nobelfie: taken while doing good deeds, like volunteer work or hanging out with your little brother.

3. The Shelfie: typically a Diptyque candle, a colorful array of books, a bouquet of white roses, and a *Paris Is Always a Good Idea* print.

4. The Giselefie: applies only to Gisele; mere mortals need not attempt.

5. The Sellfie: sponsored by a brand (we know you're making money off this 'gram!).

6. The Intellfie: selfie with glasses—you know, to make ya look smart.

7. Le Tour Eiffelfie: WE GET IT, YOU'RE IN PARIS.

HELBIG: ROBIN ROEMER. CRAWFORD: COURTESY OF MTV/HOUSE OF STYLE. MILLER: MIKE COPPOLA/GETTY IMAGES FOR MERCEDES-BENZ FASHION WEEK. DELEVINGNE: DAVID M. BENETT/GETTY IMAGES FOR TAG HEUER. SELFIE: DON ARNOLD/WIREIMAGE


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# Anatomy of a Do

Poppy Delevingne (the model and, yes, Cara's sister) proves leopard is absolutely a ladylike neutral, especially when you pair it with sophisticated details. Observe.



**A hint of shine:** She'd look great without her clutch, but a sleek gold number adds polish and warms up the whole look. **INC International Concepts** clutch ($80, macys.com).





**The statement coat:** It goes with black and cream, of course, but also denim, plaids, and even florals. Just avoid totally full length—too overwhelming. Above: **Topshop** coat ($178, topshop.com).

Delevingne in head-to-toe Michael Kors in New York City. Just so good.



**A neutral base:** Pairing leopard with leather would look tough, but her suede keeps the look soft. **& Other Stories** dress ($325, stories.com).



**And a pretty shoe:** Understated, elegant, and yet still sexy. Who doesn't want that? Plus, the nude shade elongates legs, a bonus with tricky calf-length hemlines. **Steve Madden** heels ($80, stevemadden.com).

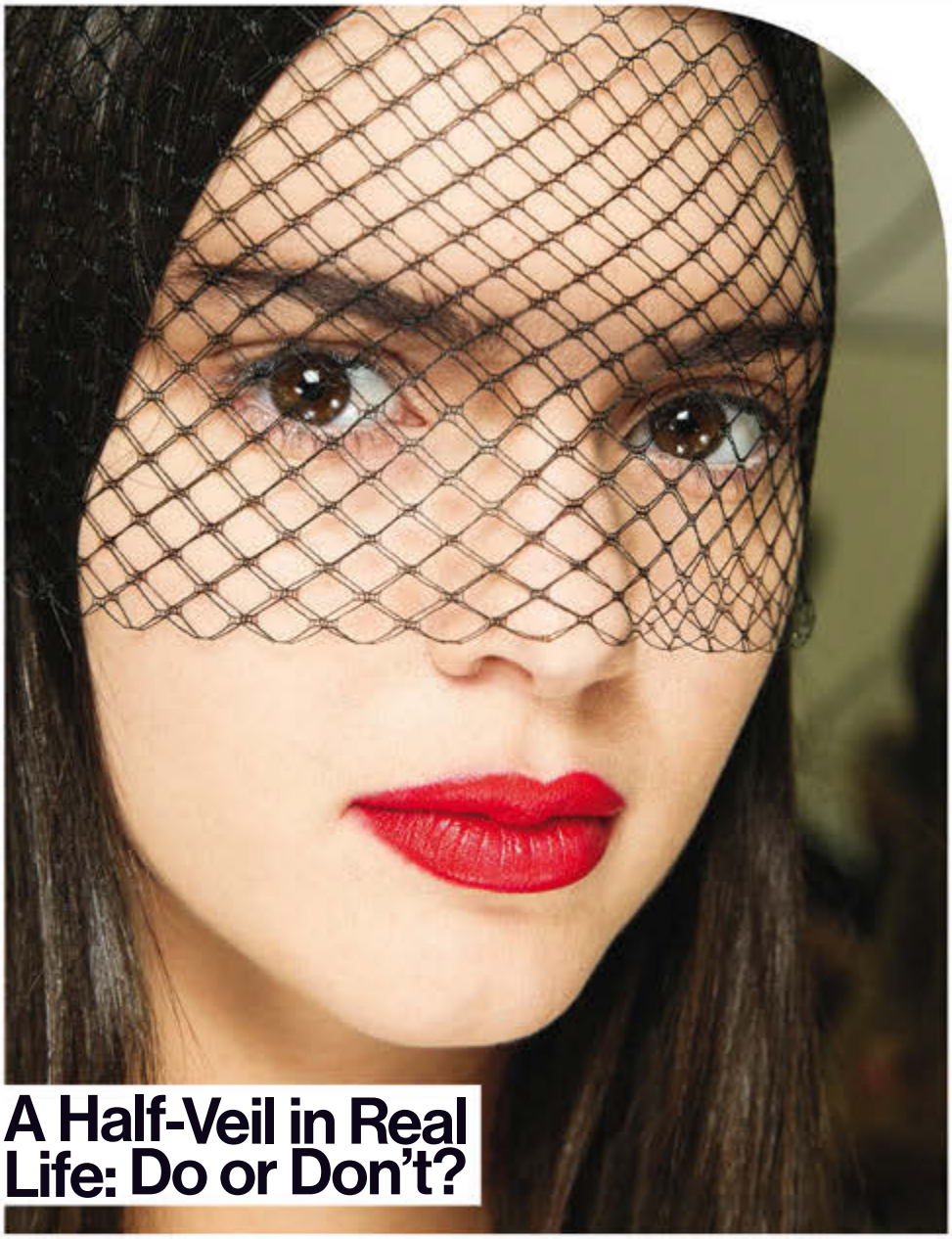
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# A Half-Veil in Real Life: Do or Don't?

Ever since Karl Lagerfeld sent models, including Kendall Jenner, above, down Chanel's couture runway wearing half-veils, celebrities like Chanel Iman and Madonna have been half-covering their famous faces with them. Love the drama, but can a regular person pull one off? Writer Lindsey Weber finds out.

**11:00 A.M.:** I thought the veil would make it hard to see my computer at work, but I'm surprisingly productive (though my coworker says that I look like I'm ready for a funeral; fair enough).

**12:00 P.M.:** I try to eat a bagel and get cream cheese all over the fashion. #fail

**5:15 P.M.:** A man on the subway does a triple-take, and I'm impressed with the power of the veil—turning heads in New York City is not easy.

**6:00 P.M.:** At dinner with friends, I order a cheeseburger and dramatically lift the veil before taking my first bite. Everyone laughs, but they all admit it's "cool."

**8:00 P.M.:** I hit up a birthday party and am surprised that most people accept my look without comment. (Maybe they're just being polite?) The next day someone posts on an Instagram photo of me: "Is Lindsey wearing a Lydia Deetz–esque veil?" A comparison to Winona Ryder in *Beetlejuice*? That settles it: The half-veil is a Do—albeit one that requires confidence. Embrace your inner Winona, ladies!

**90%**

of you say the half-veil is a Do only for special occasions (like a party—or, say, a funeral), not daily life.

## We Want Full-Frontal Equality!

Because actresses getting naked while their male costars stay dressed is a big old Don't

Hey, remember the stars of *Fifty Shades of Grey*? You know, Jamie Dornan, Dakota Johnson, and Johnson's breasts, butt, and bush? We should file a missing-persons report for Dornan's "todger," as he calls it, because in 2015, witnessing full-frontal male nudity on-screen is still akin to spotting a unicorn: A recent study found actresses are almost three times more likely than actors to be nude on-screen. Hollywood, it's time for a balls-out revolution, like the "balls-equality" policy the creators of the show *Togetherness* have instituted: For every pair of breasts shown, so is a pair of testicles. That should go industrywide! Audiences are ready: Ben Affleck's affleck was the talk of *Gone Girl*. Celebs are ready: Natalie Dormer and Kit Harington are all for more male nudity on *Game of Thrones*. And *you're* ready: 61 percent of women *Glamour* polled say guys should reveal as much as the ladies do. The verdict is clear: Nudie equality is a Do. —*Allison Davis*



We want more! Jason Segel in *Forgetting Sarah Marshall*.

JENNER: SONNY VANDEVELDE/STYLE.COM. SEGEL: COURTESY OF UNIVERSAL STUDIOS LICENSING LLC. FULL-FRONTAL STATISTIC FROM "GENDER INEQUALITY IN POPULAR FILMS: EXAMINING ON SCREEN PORTRAYALS AND BEHIND-THE-SCENES EMPLOYMENT PATTERNS IN MOTION PICTURES RELEASED BETWEEN 2007–2013," A STUDY BY DR. STACY L. SMITH, MARC CHOUEITI, AND DR. KATHERINE PIEPER OF THE MEDIA, DIVERSITY & SOCIAL CHANGE INITIATIVE AT UNIVERSITY OF SOUTHERN CALIFORNIA; SURVEY DATA COLLECTED FROM 102 WOMEN AGES 18–44, MARCH 5–6, 2015, USING SURVEYMONKEY AUDIENCE



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*1 Based on awards received in the past 12 months, ending December 2014. 2 The Chevrolet Malibu received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power 2014 Initial Quality Study℠ Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February–May 2014. Your experiences may vary. Visit jdpower.com.*


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# The Dos & Don'ts of Bossing Up

## By Nicki Minaj

The no-nonsense rapper charted her own course to the top. Now she's sharing her take-charge secrets with you. As told to Patrik Sandberg

How did Nicki Minaj go from brash young singer and wearer of over-the-top cotton candy wigs to the most-charted female rapper in the history of the *Billboard* Hot 100? The Trinidad-born, Queens, New York–raised artist operates in one mode: unapologetic woman in charge. Her fierce confidence has, over the years, earned her the respect of Lil Wayne, who helped her land a record deal with Young Money Entertainment, *and,* no big deal, four American Music Awards, six Grammy nods, and some big-name endorsement deals (MAC, OPI, Pepsi). She also turned heads at New York Fashion Week with her new pared-back look (which, in the spirit of full disclosure, we love). Now in the middle of a world tour in support of her third studio album, *The Pinkprint,* Minaj has her sights set even higher: "I want to be a mogul," she says.

A mogul? *That's* signature Minaj motivation. Who doesn't want to have a little of what she's having? Listen in on her personal Dos & Don'ts.

**DO have a clear vision for what you want to do.**
"I wanted to take my time with [my new album] and show people I was capable of making something people could really relate to. Jay Z has always been a role model because he inspires people [to believe] they can go from selling drugs to being one of the most celebrated businessmen of our time. That's what I want to do for young girls, to say, 'It doesn't matter where you started in your life. You too can become a mogul and anything you want to be.'"

**DON'T dress for anyone but yourself.**
"I like looking more toned down now. I haven't been doing it for other people; I've been doing it for myself. I do think when people see you [looking more] toned back, they take you more seriously. But women should do what makes them happiest and strongest. I wore my colorful wigs to meetings with millionaires and people I'd looked up to forever. I was a businesswoman closing humongous deals even when I had pink hair."

**DO ignore labels.**
"I used to be so, so hurt by the way women are labeled as bitches—it would just make me angry. I would work around powerful men all day, every day, and their attitudes

**continued** on next page

JEFF VESPA/WIREIMAGE




ANNE KLEIN



"I was a businesswoman closing humongous deals even when I had pink hair."

*—Nicki Minaj on her earlier, wilder days, above*

were horrible, but a man just gets a pass. He gets The Man Pass! The Donald Trumps and Kanye Wests and Lil Waynes can have a bad day, they can be cocky and disrespectful and arrogant, and at the end of the day we laugh at it. With a woman it's always like, 'Excuse me, how dare you?' But I've always been a 'Where there's a will, there's a way' kind of person. I know I'm as great as the great men in hip-hop, in terms of being an MC. And I think, secretly, they all know! Your overall confidence has to come from within."

**DO the work your way.**
"We don't have a lot of women who have a huge voice in hip-hop, so the odds that a man in hip-hop will sit down and listen to *The Pinkprint* in its entirety are not in my favor. You just have to do your work, and someday, hopefully, you will get the credit you deserve. And if I don't, I have a lot of inner peace with my own work, because I know that I pushed myself and this album came out just the way I wanted it to."

**DO marry your job—at least temporarily.**
"It's important that at some point in your life you really focus on your career, almost to the point of insanity. You'll never get this time back. You have to want it so bad that you wake up in the morning and you think about it, live it, breathe it, eat it, and see it all day. After you've accomplished a couple of things, *then* take a moment. Work and work for those first years, and then come out of the matrix a little bit and take a freaking vacation."

**DON'T obsess over perfection.**
"When I was recording [my song] 'Chi-Raq,' I went into the recording booth and I just did it in this really low, monotone voice, my chains making noise on the mike. I was just laying it down as a reference. Then I went back in and tried to make it perfect. And you know what? I went back to the original take. Give yourself some room to make a mistake and have fun. The less pressure I put on myself, the more I leave myself open for magical moments."

**DO ignore bad advice.**
"I always knew that I loved singing and writing melodies. If someone had told me, 'Don't do that on your rap album,' and if I didn't sing on my albums, I would have regretted it for the rest of my life. Always ask: What are this person's motives? It's up to you to know who you are so that you can put all [the advice you get] together, sleep on it, and make a decision that you're going to stand by. It's better to fail having followed your heart than to fail based on someone's empty advice. Say 'thank you' and keep moving." G

MICHAEL CAULFIELD/AMA2011/GETTY IMAGES FOR AMA

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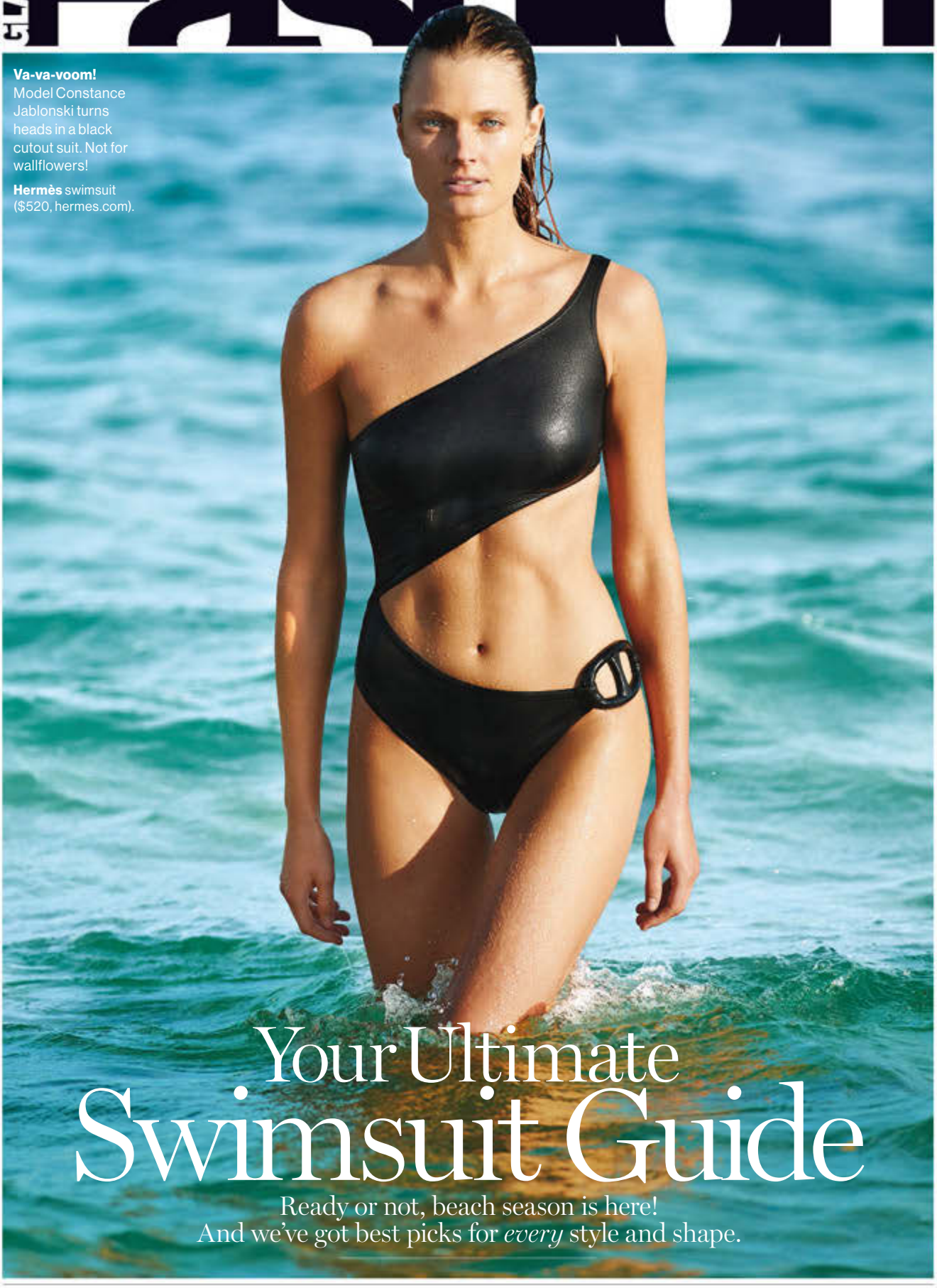
*employ it in abundance.*

*Love,*

# liz claiborne

Exclusively at JCPenney

Edited by Jessica Sailer Van Lith



**Va-va-voom!** Model Constance Jablonski turns heads in a black cutout suit. Not for wallflowers!

**Hermès** swimsuit ($520, hermes.com).

# Your Ultimate Swimsuit Guide

Ready or not, beach season is here! And we've got best picks for *every* style and shape.

GILLES BENSIMON



**Finn** ring ($750, finnjewelry.com)
W D R



**Lisa Marie Fernandez** two-piece ($390, shopbop.com)
R



**Lancôme** Shine Lover Lipstick in O My Rouge ($25, lancome.com)
W D R

**Your Inspiration:** Alexa Chung (@chungalexa on Instagram) on deck in the Maldives, in a patterned two-piece and a crisp white shirt



# For the Firecracker

Go for high-seas chic in perennial red, white, and navy, finished with flashes of gold.




**Kempton & Co.** pouch ($48, kemptonandco.com)
D R



**Lands' End** swimsuit ($95, lands end.com)
R



**H&M** top ($18) and bottom ($10, hm.com)
R





**Original Collection by Dr. Scholl's** sandals ($88, drschollsshoes.com)
D R

CHUNG: COURTESY OF SUBJECT. STILLS: **TIM HOUT**; STYLIST: JOHN OLSON FOR HALLEY RESOURCES

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**Missoni** swimsuit ($670, missoni.com) R

**Your Inspiration:** Fashion consultant Bianca Dueñas (@bianca_duenas) soaks up the sun in a can't-go-wrong scoop-back suit.





**Madewell** sandals ($70, madewell.com) D R

**Victoria's Secret** top ($49) and bottom ($51, victoriassecret.com) R



# For the Bohemian

Earth-toned suits and eclectic extras look worldly wherever you are.




**Guerlain** Aqua Allegoria Pamplelune ($65, sephora.com) W D R



**Marysia Swim** bikini ($262, marysiaswim.com) R



**Eddie Borgo** earrings ($125, net-a-porter.com) W D R



**Express** bag ($50, express.com) W D R

DUENAS: COURTESY OF SUBJECT. STILLS: **TIM HOUT**; STYLIST: JOHN OLSON FOR HALLEY RESOURCES



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Full-size capability based on features and functions full-size SUVs offer. Smallest, lightest SUV comparison based on small 4-door 4x4 SUVs. Best 4x4 capability based on Renegade offering low range power transfer unit (PTU) with 20:1 crawl ratio. Jeep is a registered trademark of FCA US LLC.



**Your Inspiration:** DJ Hannah Bronfman (@HannahBronfman) delivers the drama in a graphic two-piece and a wide-brimmed hat.




**Byredo** Hair Perfume in Gypsy Water ($62, byredo.com) W D R



**Araks** swimsuit ($350, araks.com) R

# For the Glamour Girl

Bring your sophistication to the beach with black-and-white one-pieces, palm-printed bikinis, and classic accessories.



**Havaianas** flip-flops ($26, us.havaianas.com) R



**Tory Burch** swimsuit ($195, toryburch.com) R



**Jo de Mer** bikini ($260, shoplesnouvelles.com) R

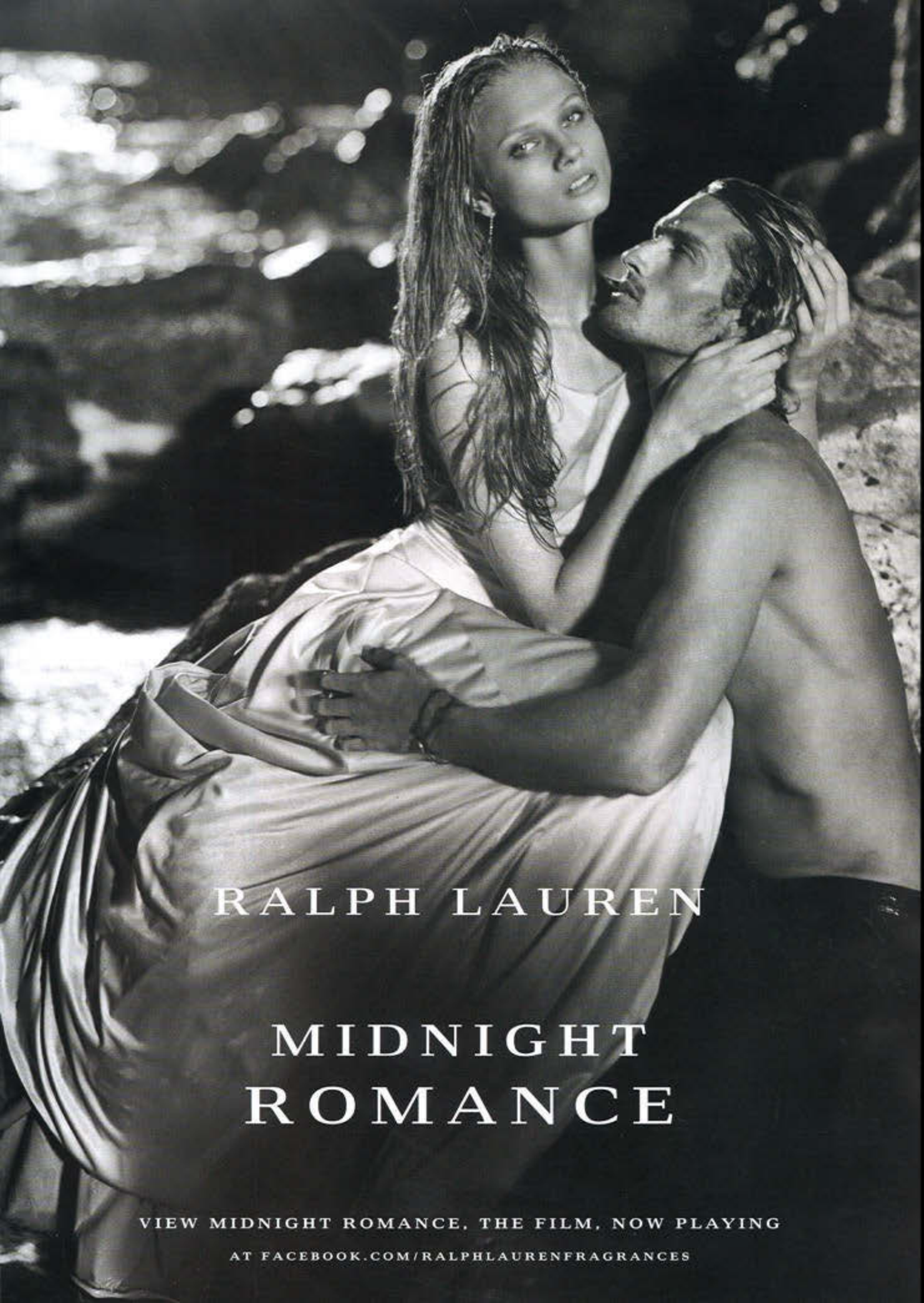



**Clare V.** tote ($225) and pom-pom ($69, clarev.com) D R



**Tomas Maier** hat ($590, tomasmaier.com) D R

BRONFMAN: HASSAN PIERRE. STILLS: **TIM HOUT**; STYLIST: JOHN OLSON FOR HALLEY RESOURCES


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# —the— CHIC PEEK

## EMBRACE A CLEAN SLATE

Exude confidence inspired by a softer, sexier, Olivia Pope. The team behind the collection–Kerry Washington, Lyn Paolo, and Elliot Staples–designed in layers, creating the keys to empowerment. Special pieces in luxurious materials, equally sophisticated when styled up or pared down. Handling every situation with style.



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Glam Guide
We love it for...
W WORK D DATES R RELAXING



**Your Inspiration:** La Marque cofounder Valerie Boster (@valerieboster on Instagram) in a long-sleeve rash guard that provides sun protection—and the cool factor.



**La Marée Swimwear** bikini ($215, lamareeswimwear.com) R



**Dezso by Sara Beltrán** necklace ($3,510, select Barneys New York, 888-822-7639) D R

# For the Surfer

Look the part in sporty brights. Whether you actually surf is up to you!



**Parcel & Journey** tote ($150, parcelandjourney.com) D R



**Albertine** bikini ($150, albertine-swim.com) R



**Wary Meyers** soap in Beachy Coconut and Mango & Red Currant ($14 each, warymeyers.com)



**Basta Surf** rash guard ($210) and bottom ($102, neimanmarcus.com) R



**Ancient Greek Sandals** sandals ($125, nordstrom.com) D R

BOSTER: COURTESY OF SUBJECT. ON BOSTER: COVER SWIM RASH GUARD. STILLS: **TIM HOUT**; STYLIST: JOHN OLSON FOR HALLEY RESOURCES


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# Your Perfect Swimsuit

The key to beachwear confidence? Finding the right style for *your* body. Here, 11 fashion insiders share the best silhouettes for their shapes. Dive right in!

## *The Sporty Two-piece*



**Patagonia** top ($49) and bottom ($39, patagonia.com)

MARIA SHARAPOVA, *tennis player*
"I'm obviously quite athletic and tall, so I usually opt for chic, monochromatic two-piece suits with clean lines."

JESSICA SAILER VAN LITH, Glamour*'s fashion market director*
"I used to wear skimpy bikinis, but now that I have two small kids, I need a sleek yet practical suit I feel comfortable in while playing at the beach."

## *The Sexy One-piece*

**Flagpole Swim** swimsuit ($400, net-a-porter.com)



Find a suit that flatters *everyone* on page 230.

ROBYN LAWLEY, *model*
"I'm tall, broad, and curvy, and I like to keep active and healthy. When I play sports, I prefer to wear one-pieces."

KARLA MARTINEZ DE SALAS, *cofounder of Piamita NYC*
"My upper body is small and muscular, but I don't have a very defined waist. I go for V-neck one-pieces that create a long, lean illusion."

## *The Retro Halter Suit*

**Laura Urbinati** bikini ($285, Creatures of Comfort, NYC, 212-925-1005)



BONNIE MORRISON, *publicist*
"I have muscular legs and narrow hips, so I pick retro-style swimsuits that make my shape more feminine."

CHANEL IMAN, *model*
"I have a long torso and legs to match. They called me 'chopsticks' in school. Now I've come into my own with a few curves that help my confidence. When it comes to making a statement under the sun, I love high-waisted briefs."

STILLS: **TIM HOUT**; STYLIST: JOHN OLSON FOR HALLEY RESOURCES

**continued** on next page

## *The Itsy-Bitsy String Bikini*

EMILY RATAJKOWSKI, *model and actress*
"I grew up in a California beach town where bikinis were the summer dress code. I wear tops that are stretchy and soft but offer some support."



**J.Crew** top ($44) and bottom ($40, jcrew.com)

MEREDITH MELLING, *cofounder of La Marque*
"My go-to is a string bikini with adjustable side ties. I can usually get away with a triangle top, since I have a smaller bust."

## *The Flirty Bandeau Top*

CHLOE SEVIGNY, *actress*
"Ruffled bikinis—like the one I designed for Opening Ceremony [openingceremony.us]—are flirty yet modest and hold you in in all the right places."



**Lisa Marie Fernandez** bikini ($450, modaoperandi.com)

SHOSHANNA GRUSS, *designer*
"I designed a bandeau for women like me who have a larger bust [see it at shoshanna.com]. The construction is based on my favorite strapless bra, so it has great support. The best part? No tan lines!"

LISA MARIE FERNANDEZ, *designer*
"My Mira suit [above] is as much a crop top as it is a bikini. The ruffled bandeau accentuates sexy shoulders."



Find more swimsuits for every body, at every price, at **glamour.com/fashion/swimwear.**

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**Christian Louboutin**
($750, christian louboutin.com)

**Topshop Unique**
($250, topshop.com)

STYLIST: NICOLE SOFER FOR CORNELIA ADAMS



Photograph by Richard Pierce


"IS NOT A KISS THE VERY AUTOGRAPH OF LOVE?"
HENRY FINCK, AUTHOR
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**Fendi** ($465, fendi.com)

**Boss** ($220, select Hugo Boss stores, 800-484-6267)

**SEE** ($99, see eyewear.com)

**Dior** ($530, select Dior stores, 800-929-3467)

# Nice Shades!

The sunglasses we're coveting now: new takes on aviators in timeless tortoise. Wear *everywhere.*

STYLIST: NICOLE SOFER FOR CORNELIA ADAMS



Photograph by **Richard Pierce**

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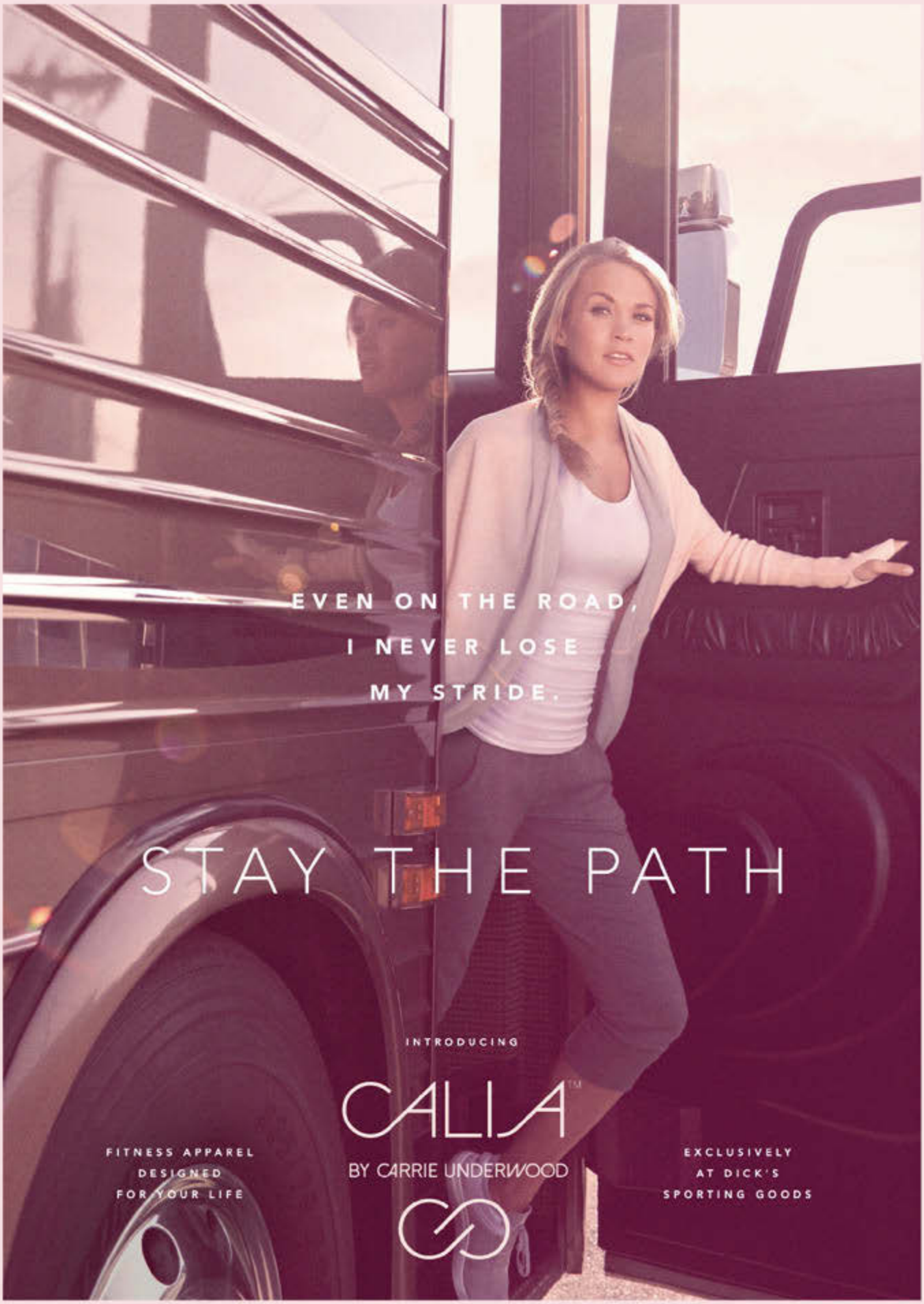
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# All Eyes on Jessica

Champion equestrian, rock 'n' roll royalty, and Gucci's latest ambassador, Jessica Springsteen is a style star in the making. Meet her first here!
By Brittany Adams



"I'm used to doing horse interviews, mostly," says Jessica Springsteen, the 23-year-old champion show jumper. "But lately people have been asking me to describe my style, and I've never had to think about defining that before."

She'll have to get used to it: Not only is Springsteen—the daughter of Bruce Springsteen and Patti Scialfa, and a world-class rider with her sights set on the 2016 Olympics—now on Gucci's team of equestrian ambassadors, but the fashion brand has created a special collection for her to wear while competing. (And be warned: One look at her custom uniform and you might start craving a pair of riding boots yourself.)

The relationship is a new one for Springsteen. Just last year she was finishing up her final semester at Duke University when Gucci approached her. "I'd never had a sponsor before

**Hold Your Horses**
Springsteen in her Gucci equestrian gear near Palm Beach, Florida, with her dark bay gelding, Dusty

**continued** on next page

Photographs by Pamela Hanson



**Boho Babe**
"Riding clothes are constrictive, so I like to wear light, feminine things when I'm not in the ring," says Springsteen.

**Gucci** dress (select Gucci stores)

and wanted to go professional, so the timing couldn't have been better," she says. "The brand is so supportive of the sport. I love Gucci's equestrian heritage and everything they stand for."

She worked closely with the design studio to perfect the fabrics and fit of her technical-riding wardrobe. "We made sure the breeches had the right amount of stretch," she says. "Once, when I was competing in Paris, I was finishing my warm-up and felt something tear. Sure enough, my pants had ripped. I can confidently say that would *never* happen with my Gucci ones."

So back to the original question, Jessica: Describe your style! When she's not riding, the answer is "feminine"; you won't catch her out at night in jodhpurs. This summer the self-professed "online shopping addict" has her eye on breezy maxidresses, like the one above. She's getting the hang of her new modeling gig too. "I'm working on being more relaxed in front of the camera," Springsteen says, laughing. "I'm getting there, slowly."




**Moroccanoil** Treatment ($43, moroccanoil.com)

**Her Beauty Must-haves**
"I inherited my dad's Italian skin and use Clarins SPF moisturizer to avoid awful tan lines. Moroccanoil keeps my thick hair smooth year-round."



**Her Rocker Mom**
"My mom has such a natural sense of style. She's collected tons of Gucci over the years, including a gorgeous dark red leather jacket that I always steal from her."



**She Borrows the Boss's Shirts!**
"I love seeing my dad perform live, but it's actually embarrassing that I don't know most of his songs. I think it would be weird if his tracks were at the top of my playlist."

**Her Favorite Swimsuit**
"When I'm in Florida, I end up in a bikini almost every day. I love mixing up tops and bottoms."



**Eres** top ($175) and bottom ($190, net-a-porter.com)



**Her Equestrian Icon**
"No one has ever looked better on a horse than Jackie Kennedy Onassis [above]. She personifies classic glamour. But Lady Godiva's not bad either! When you spend time with horses every day and share a strong relationship, they give you their all, 100 percent, every time they go into the ring. My horse Vindicat W can sense what I'm thinking before I ask."

PREVIOUS PAGE: PHOTOGRAPHED AT GREEN RIVER FARM, WELLINGTON, FLORIDA. STYLIST: SOPHIE PERA; HAIR: JONATHON POWELL FOR CREATIVE MANAGEMENT @MC2; MAKEUP: MARISSA NEMES FOR NARS COSMETICS. WITH SCIALFA: COURTESY OF SUBJECT. BRUCE SPRINGSTEEN: STEVE GRANITZ/WIREIMAGE. KENNEDY ONASSIS: RAY BELLISARIO/POPPERFOTO/GETTY IMAGES. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES



See **Glamour Shopper** for more information.


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# The Month in Outfits

Watch as Indré Rockefeller, the U.S. president of fashion label Delpozo, mixes up five essential pieces 31 days running.

## TULLE SKIRT



1

**Elizabeth and James** ($535, neiman marcus.com)

2

Hot colors pop against the muted hue of this blue-gray skirt.



## POINTY FLATS



7

**Sophia Webster** ($350, select Saks Fifth Avenue, 800-347-9177)



8

These shoes from Sophia Webster's new line are just right with bold pants.



9

I love the unexpected pairing of flats with an evening gown.



10

With a floral coatdress, poolside cocktails can be elegant—even with your shoes off!



16

I like to layer a men's shirt over this crisp staple.



17

This raspberry necklace pops against the collar.



18

The dress doubles as a skirt. I adore prints with basics.

## GRAPHIC SHORTS



19

**Etre Cécile** ($185, shopbop.com)



23

Just add a cozy wrap for a perfect day in.



24

This hyper-bright yellow really plays up the optical print.



25

Pair them with a utility jacket and boots for Memorial Day.

## STRAW HAT

26



**Eugenia Kim** ($340, Twelve Street, L.A., 213-765-3309)



27

A structured boater adds boyish charm to a floaty white look.

SITTINGS EDITOR: REBECCA MALINSKY; HAIR: JOSEPH MIANO; MAKEUP: STEFANIE WILLMANN FOR SEE MANAGEMENT; MANICURE: ANA-MARIA FOR ABTP; STILLS: **CATHY CRAWFORD**; STYLIST: RENATE LINDLAR



See **Glamour Shopper** for more information.



3

I layer it with a striped skirt for a graphic twist.



4

The tulle peeking out from under this Delpozo jacket adds dimension.



5

With a dressy top, it takes me back to my ballet days.



6

A casual plaid shirt brings the formal skirt down to earth.



11

Metallic flats and a statement vest elevate blue jeans.

SHIRTDRESS

12



**Serena & Lily** ($275, serenaandlily.com)



13

A silk scarf adds polish to an off-duty look.



14

For a new take on the classic oxford, tuck the dress into a full skirt.

15

I amp up an office-ready LBD with a wide leather belt.



20

This voluminous jacket (it's Delpozo!) balances out short shorts.



21

The printed shorts liven up a button-down for lunch with friends.



22

A great way to make shorts smart for work? Top them off with a blazer.





28

I wear these trousers all year. The hat adds a warm-weather touch.



29

A floral print and the straw boater take me into the weekend.



30

It's vintage-chic paired with a classic suit.

31

I love wearing the hat with an embroidered top and sunny shorts for a dose of springtime. XO, @IndreRock

Photographs by Leslie Kirchhoff

.com Find more what-to-wear inspiration at **glamour.com/fashion/outfit-ideas.**

# How They Dress on the Job...

...in Portland, Oregon, where female designers are blazing trails in style.
By Brittany Adams



**Belle on Wheels**
"I love this summer suit with my favorite Pendleton wrap," says Jones, who bikes to the Pendleton office.

**Pendleton Woolen Mills** blanket, $169. **Karen Walker** shirt, $474, pants, $538. **Coach** clogs, $395.

## "I marry graphic and classic creatively."

**HER JOB:** Gretchen Jones, 33, is the women's wear design director at Pendleton Woolen Mills, the textiles brand—but you may also know her as the season-eight winner of *Project Runway*. "My dad was a rancher in Colorado, and we wore Pendleton as kids," she says. "Now I get to help modernize the brand in a way that's still accessible and authentic."

**HER LOOK HERE:** "As I've taken on a director role, I've grown out of my bohemian side and integrated more tailoring into my aesthetic. I'm a boss now, so I try to dress in a way that's refined but still creative. Think: if Ralph Lauren had a baby with Isabel Marant."

**HER COLOR EXPERIMENT:** "Color is really important to the way I dress and identify with the world; it's also a huge part of Pendleton's DNA. When I first started here, I challenged myself to wear only neutrals. Why? Stripping color from my wardrobe let me hit reset, step outside my own style, and reexamine how our brand should approach color."

SHOP HER STYLE
**The Limited** pants ($90, thelimited.com, available in June)

**The Limited** jacket ($120, thelimited.com, available in June)

**Swedish Hasbeens** shoes ($289, zappos.com)

**LESLIE KIRCHHOFF;** STYLIST: KRIS ZERO FOR STARWORKS ARTISTS; HAIR AND MAKEUP: NICA DEMARIA FOR ROSTER REPS. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES



See **Glamour Shopper** for more information.

**continued** on next page

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**Just Doing It**
"Being on the campus is amazing," says Parrett, at Nike headquarters in Beaverton, Oregon. "Everyone has a 'Michael Jordan in the elevator' story."

**A.L.C.** dress, $545. **Nike** sneakers, $85.

## "Nike is a culture. You wear it because you love it."

**HER JOB:** Laura Parrett, 32, is a footwear designer at Nike; she creates men's and women's training shoes, overseeing every detail. "I sketch sneakers with a Sharpie and a highlighter, so I always envision shoes with bright volts of neon," she says.

**HER LOOK HERE:** "I'd never wear workout clothes to my desk, but I *do* love mixing athletic performance gear with more fashion-forward pieces. It's effortless but still dressed up."

**HER SNEAKER COLLECTION:** "I did a closet count and would say I'm up to about 200 pairs. I'm sample size, so it's a little too easy to get whatever style I want."

**HER SPORTY-CHIC STYLE:** "I try to balance athletic with professional. Almost everyone wears sneakers here, but I'll pair them with a nice dress like this—and no socks unless I'm exercising."

**HER GET-THE-JOB ADVICE:** "I knew Nike was where I wanted to work. A college recruiter was running late for her flight, so I gave her my portfolio as she walked out and said, 'If you like what you see, get in touch.' I was hired right away."

SHOP HER STYLE
**Loft** dress ($98, loft.com)

**Loeffler Randall** bag ($350, other colors at loefflerrandall.com)

**Nike** sneakers ($110, nike.com)

**LESLIE KIRCHHOFF;** STYLIST: KRIS ZERO FOR STARWORKS ARTISTS; HAIR AND MAKEUP: NICA DEMARIA FOR ROSTER REPS. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES

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Caress

Edited by Ying Chu



# Make Mine Metallic

A grown woman's guide to glittery makeup. By Celia Ellenberg

Of the many take-aways from the extravagant Chanel prefall show that Karl Lagerfeld recently staged in Salzburg, Austria, the most surprising revelation might be how gorgeous a stroke of shimmering, metallic eyeliner right at the lash line, as seen here, can look. Startling but true: This glimmery makeup was *wearable*. And for more on just how to pull off this trend—pro tricks, application ideas, and truly flattering face-sculpting suggestions—turn the page.

ROMINA SHAMA/COURTESY OF CHANEL

A GILDED SHADOW
**Chanel** Illusion d'Ombre Longwear Luminous Eyeshadow in Convoitise ($36, chanel.com)



Everything in moderation: Try subtle touches of sparkle, as shown here at Anna Sui.

## 1
## *For a Touch of (Grown-up) Glitz*

Glitter gets a bad rap for coming across as too young, too messy, too retro. True, "it can be a nod to the seventies," admits backstage makeup queen Pat McGrath, who created the embellished eyes at Anna Sui, right. The key to a look McGrath describes as "cosmic"? Restraint. "It's the bareness that makes it modern," she explains. Use a neutral shadow—a soft shimmering taupe or a cool pearl—and then lightly dust on a similarly hued, glitter-flecked shade (like the gold above or the icy one below). Keep the rest of the face completely clean: no blush, no bronzer.

A HINT OF SHIMMER
**Make Up For Ever** Glitter in #3 ($15, sephora.com)

## 2
## *For a Night-Out Look*

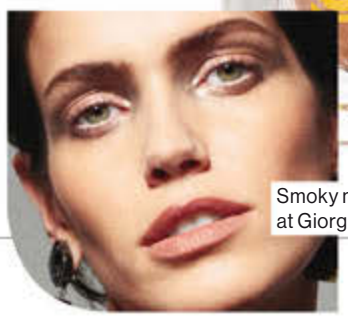
Feeling bold? Try strong black eyeliner accessorized with sequins. The secret is moderation: Rather than rim lashes with paillettes, Dior makeup artist Peter Philips recommends concentrating small sequins (you know, like the loose, flat ones from craft stores) in the center of the upper lash line to catch the light and create a "pretty spectacular" effect. To keep them in place, dab a tiny bit of eyelash glue on each sequin and press onto lid; they come off easily with an oil-based remover.

A GLOWY CREAM
**Giorgio Armani** Eye Tint in #11 Rose Ashes ($38, giorgioarmanibeauty.com)

A BRONZE MANI
**Estée Lauder** Pure Color Nail Lacquer in Nude Pearl ($21, esteelauder.com)

## 3
## *For Sexy Metallic Eyes*

"I like using silver and gold shadows to pull you out of your everyday," says Linda Cantello, international makeup pro for Giorgio Armani Beauty. For a dimensional smoky eye, such as the one below, apply a warm bronze shade (see the creamy version above) from lash line to crease, then add a smokier pewter tone along the crease. Makeup artist Charlotte Tilbury likes those warm "coppers, garnets, and amber tones" too but prefers cream formulations to powders. "They're more forgiving and easier to work with," she says. If any creasing happens, blend with your ring finger. For extra definition, add a few coats of mascara.



Smoky metallics at Giorgio Armani

## 4
## *For a Brightening Effect*

Got a shimmering champagne-hued highlighting stick or cream? Even though you're probably using it on brow bones and the inner corners of eyes, it can be just as effective at sculpting stronger cheekbones and elongating the face. "To contour, apply the formula [pearly shades for pale skin tones, golden colors for olive or deep complexions] on the tops of the cheekbones, down the nose, and on the Cupid's bow for a gorgeous candlelit effect," says Tilbury, who dips into the finely milled powder in her Filmstar Bronze & Glow ($68, charlottetilbury.com) to give clients like Kate Moss an ethereal glow. Want the same look on your body? Add a liquid luminizer, like Revlon PhotoReady Skinlights Face Illuminator ($13, at drugstores), to your favorite moisturizer and slather on.

## 5
## *For Subtly Sparkly Nails*

For a chic "evening vibe" alternative to silver or gold shades, Sally Hansen global nail artist Madeline Poole is a fan of two coats of metallic polish in a blue or purple hue, such as Sally Hansen Miracle Gel in Purplexed ($10, at drugstores). It looks right day or night, she says. Other small metallic touches Poole likes: a shimmering French tip (try the pearly tan at left over any nude base polish), a mini foil detail, or a coat of glitter polish over a dark nail.

.com Want daily beauty tips? Get 'em 24/7 at **lipstick.com.**

ANNA SUI: ANTONELLO TRIO/IMAXTREE.COM. GIORGIO ARMANI: COURTESY OF GIORGIO ARMANI. STILLS: **JOSEPHINE SCHIELE**


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# Brights? All Right!

There comes a time in every woman's life when she graduates from plain lip balm to *these* bold babies. Best part: They're super hydrating.



SWEET STRAWBERRY
**Givenchy** Le Rouge-à-Porter in 203 ($36, barneys.com)

BABY PINK
**By Terry** Hyaluronic Sheer Nude in Bare Balm ($36, b-glowing.com)

FRESH FUCHSIA
**Lancôme** Shine Lover Vibrant Shine Lipstick in Electrisante ($25, sephora.com)

ELECTRIC POPPY
**Revlon** ColorBurst Lip Butter in Juicy Papaya ($9, at drugstores)

WILD BERRY
**Almay** Smart Shade Butter Kiss Lipstick in Pink-Light ($7, almay.com)

CLASSIC CORAL
**Clarins** Instant Light Lip Balm Perfector in Orange ($23, clarins.com)

RICH SCARLET
**Chanel** Rouge Coco Shine in Insoumise ($36, chanel.com)

STYLIST: NICOLE SOFER



Photograph by **Richard Pierce**


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advanced relief
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# Stella McCartney's Effortless Beauty

She rarely wears makeup, but she *knows* beauty. The British designer (and mother of four) sounds off!



**My beauty mantra:** Less is more. I think beauty comes from within. It's sort of a cliché, but I'm a real believer in that.

**My first scent memory:** I grew up in the British countryside, so I have a real love for roses—the scent of them, even more so than the visual. If I walk past a rose and it doesn't smell, I'm instantly dismissive of the way it looks. Now I have a ton of roses in my own garden, and they *all* smell.

**My perfume history:** I was never a huge perfume person, but I think everyone associates memories and people with scent. My mum [Linda McCartney] wore things like Joy and 1000 by Jean Patou. And as a teen I experimented. I wore Anaïs Anaïs; I remember the flowers on the bottle. Then I was desperate to get Giorgio Beverly Hills. I was obsessed with the smell—it was so strong and overpowering!—and when I had a knee operation as a teen, my dad [Paul McCartney] brought it to me in the hospital when he came to visit. That was a big moment for me. These days I want effortless fragrance: I'll apply it in the morning, and if I reapply before I go out, it's the same one.

**My beauty icons:** Women are my beauty icons! I try to celebrate the ones who are doing it right: Lauren Hutton, Patti Smith, Debbie Harry. I look to this New York kind of woman because [they remind me] of my mum. They aren't afraid to be themselves, and they're OK with saying something that isn't P.C.

**My beauty (and life) rule:** Don't eat meat—or fish.

**My best advice to my daughters:** Just be true to yourself! *—as told to Ying Chu; follow McCartney @StellaMcCartney*

**Her Signature Scent**
"My husband wears pure amber. When I was creating Stella, I wanted to connect that note with rose. It's an easy, sensual fragrance."
**Stella McCartney** Stella eau de toilette ($87 for 3.3 oz., sephora.com)

**Her Current Muse**
Lara Stone, star of the Stella scent campaign. "She has a natural beauty and sensuality about her," McCartney says. "I look at her and want to be her."



"I want everything that I do to be about trying to make women feel better about themselves."
*—Stella McCartney*



**Her Role Model**
Musician Chrissie Hynde. "I love Chrissie because she's got balls of steel!"



**Her Biggest Fan**
The designer, far right, with her sister Mary at a recent show

MCCARTNEY: WILLI SCHNEIDER/REX USA. STONE: WILL RAGOZZINO/BFANYC.COM. HYNDE: JOHN STODDART/GETTY IMAGES. BACKSTAGE: DAVID M. BENETT/GETTY IMAGES FOR ECO-AGE/GREEN CARPET COLLECTION. STILL: **JOSEPHINE SCHIELE**


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–Lindsay Speros, *Glamour*'s Senior Beauty Merchandising Director




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# The Month in Nails

The mani mood for May? Chic and bright—via marbling, metallics, and moons! Here, 31 easy new looks.
By Jennifer Mulrow

## Marbling



7 Two-toned mani? A Do! We like Wet n Wild Shine Color in Black Crème and French White Crème ($1 each, at drugstores).



Add an edgy vibe with soft orange streaks. 11

## Prints



1 Accent bare nails with a few sparkly decals...



...or go geometric glam with allover nail stickers. 2



3 Make ivory pop with bright yellow bands.



4 Dot on pretty pastels; blend with a brush while damp.



5 Grab a nail-art pen for a precise checkerboard pattern.



6 Swirl pastels for a tie-dyed look. Try OPI Nail Lacquer in That's Hula-rious! and Is Mai Tai Crooked? ($9.50 each, ulta.com).



8 Start with white, then sponge on black for a dip-dyed effect...

12



Dab gold over white on ends for a subtle, gradient finish.



...or reverse it with black at the base. 9

Create contrast with denim on black. 13



10 Into ombré? Do two tones of cool gray.





14 Drag a toothpick across wet polishes for multicolor markings.

@ Show us your #mondaymani on Instagram and we'll show you ours. Follow us **@get_lipstick!**

1, 3, 5, 9, 11, 13, 14: IMAXTREE.COM. 2: COURTESY OF CND. 4: GORUNWAY.COM. 8: FRENCHYSTYLE/BLAUBLUT EDITION. 10: COURTESY OF MORGAN TAYLOR LACQUER. 12: COURTESY OF BUTTER LONDON

## Moons



15 Choose silver flecks to modernize ladylike pink.



16 Swipe on a matte red; keep moons bare.



17 Switch things up with a slash on the side.



18 Go for an updated French with asymmetrical tips.

## Negative Space



19 Draw tiny evil eyes; leave the rest bare.



20 Free-hand stripes in various shades.

21 Use a striper brush (at drugstores) to DIY a design. Try Essie Nail Color in First Timer ($8.50, essie.com).



22 Paint on a nude chevron print from base to tip.



23 Freshen up a mod mani with black-and-white cutouts.

## Metallics



24 Find your everyday go-to. We recommend Chanel Le Vernis in Paradisio ($27, chanel.com).



25 Give nails a polished look with a sultry sapphire hue.



26 Tie two colors together with glitzy nail crystals.



27 Pick a high-shine chrome for a futuristic appeal.



28 Pair a gilded mani with a bold, violet lip.



29 Top off basic black with specks of copper.



30 Add a matte topcoat for a muted effect.



31 Need a quick touch-up? Apply a smattering of sparkles.

15, 27: IMAXTREE.COM. 16: SANDRA SEMBURG/BLAUBLUT EDITION. 17: COURTESY OF MORGAN TAYLOR LACQUER. 18, 20: RYUBUN YAMASHITA. 19: ADAM KATZ SINDING/BLAUBLUT EDITION. 22: COURTESY OF KISS PRODUCTS/GINA EDWARDS. 23: VIVIEN KILLILEA/GETTY IMAGES. 25, 28, 31: COURTESY OF ESSIE. 26: FRENCHY STYLE/BLAUBLUT EDITION. 29: ANGELA PHAM/BFANYC.COM. 30: COURTESY OF BUTTER LONDON. STILLS: **JOSEPHINE SCHIELE**

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5

6

### STEP 4 MIRACLE SILK SMOOTHING BALM

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### STEP 5 MIRACLE SILK LEAVE-IN

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MODEL: MARIA CHECA, PHOTOGRAPHY: JONATHAN BECKERMAN, HAIR STYLIST: JOSUE PEREZ




POWDERY & DEEP
**Chanel** Les Exclusifs de Chanel Misia eau de toilette ($280 for 6.8 oz., chanel.com)

ELEGANT & LUSH
**Dolce & Gabbana** Dolce Floral Drops eau de toilette ($75 for 2.5 oz., saks.com)

AIRY & FEMININE
**Maison Francis Kurkdjian** A la Rose eau de parfum ($245 for 2.4 oz., neimanmarcus.com)

DELICATE & DEWY
**Oscar de la Renta** Extraordinary eau de parfum ($92 for 3 oz., lordandtaylor.com)

# How to Find *Your* Signature Scent

Three top perfumers demystify the world of orange blossoms and ouds (yes, ouds are a thing)—and lead you to your perfect match.
By Cristina Mueller

In the hunt for my current fragrance, there was a dark time when I found myself in front of that vast wall of bottles at Sephora and thought, Well, maybe I'll throw in the towel and go perfumeless. But after countless attempts, I realized that florals just weren't my thing. What felt the most like *me* were pared-down, less overtly ladylike scents. Once I grasped that, it was worlds easier to get to that moment when I smelled something that made it all click into place; it was like falling in love. And that's when I found Le Labo Ambrette, a whisper-soft citrusy mix with a hint of musk. So while picking a perfume can be a daunting task, fraught with wrong turns, fragrance jargon, and a dizzying array of white blotters, the end result is worth it. We turned to some of the world's best scent experts (the French, who else?) to answer your questions about the three big categories of fragrance and create a road map to discovering *your* perfect blend.

## You're a Floral Type If...

- ❑ *You love the polished, refined vibe of Grace Kelly or Audrey Hepburn.*
- ❑ *You prefer a stroll through a country garden to a walk in the woods.*
- ❑ *You're drawn to powdery lotions and potions—elegant and feminine.*

Our expert Francis Kurkdjian is the award-winning nose behind perfumes like Narciso Rodriguez for Her and Burberry My Burberry. "Florals translate to pure femininity," he says. Your questions about this largest category of scents:

**Q: I don't like rose perfumes, so I can just avoid them all, right?**

Well, don't write off that rose so fast—it's one of the most frequently employed notes out there and doesn't always smell girly-sweet. "Rose combined with musk can be sheer [check out Stella McCartney's latest on page 106]. When paired with dark woods, rose is very sexy," says Kurkdjian. His latest creation, Maison Francis Kurkdjian A la Rose eau de parfum (above), is his modern riff on a classic Marie Antoinette painting; it plays two very different roses—one honeyed, the other crisp and light—off each other.

**Q: I just want a pure, bold floral scent. What should I choose?**

Two words: *white flowers*. These run the gamut from jasmine and gardenia to lilies, and "make big perfumes that you can expect a strong woman to wear," says Kurkdjian. Think Fracas by Robert Piguet, the tuberose powerhouse beloved by such wildly diverse women as Edie Sedgwick, Martha Stewart, and Iman.

**continued** on next page

STILLS: **JOSEPHINE SCHIELE.** FLOWER: NICK VEASEY




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**Q: I don't want to be too over-the-top girly. How do I find a subtle floral?**
Not all flowers evoke that swoony, Valentine's Day feeling; many are understated. Iris and violet both have an elegantly restrained softness; we love them combined in the gently powdery Chanel Les Exclusifs de Chanel Misia (previous page), where they meld cleverly with leather—and rose. Or try lily of the valley in Kate Spade New York Walk on Air eau de parfum ($95 for 3.4 oz., nordstrom.com); it "has a green feel to it, like fresh-cut grass," Kurkdjian says.

## You're a Fresh Type If...

- ❑ *You spend your weekends outdoors.*
- ❑ *You don't mind wearing something androgynous.*
- ❑ *You love citrus anything—candles, soaps, laundry detergent, candies.*

Our expert Cécile Hua, the Provence native responsible for Atelier Cologne Grand Neroli, Jessica Simpson Fancy, and, most recently, the bracing, effervescent Ralph Lauren Ralph Fresh, of which she was a coperfumer. These bright, sunny mixes—think crisp citrus, cool aquatic elements, and green, grassy notes—telegraph that you're "super comfortable in your own skin, full of positive attitude," she says.

**Q: I want something more androgynous, not sweet or floral. Should I check out a men's scent?**
If you catch a whiff of something you like in the men's department, says Hua, by all means go for it, but you don't have to travel that far. Try citrus scents; they have a genderless quality, so men and women flock to them with equal fervor. This type of fresh fragrance goes way back: The original eighteenth-century Eau de Cologne—literally "water from Cologne," Germany—was a light, unisex mix of lime, bergamot, and orange blossom. Another example, says Hua, is the nineties phenom CK One: It blends bergamot and lemon into something that appeals to, well, basically everyone.

**Q: I love that fresh-from-the-shower smell. No musk or flowers, please. Help!**
We understand: You hear *musk* and you think *heavy*—or, you know, *musky*. But Hua explains that today's musks have more in common with laundry detergent than, say, muskrats. The musk rounds out the sharpness of citrus, she adds, and also helps to make light notes last hours. Certain flowers actually have their place here too; neroli, for example, is one of those rare blooms known for its mild, almost soapy nature.

**Q: It seems like fresh scents fade after an hour or so. How do I get them to last?**
The quick fade, frustratingly, is the top complaint with fresh fragrances. To make your blend last until evening, use an eau de parfum instead of an eau de toilette (eau de parfums contain a higher concentration of pure perfume oil). Or employ Hua's trick of giving her hair a couple of spritzes: "Every time I move my head, I get this aura of the scent around me," she says. "It doesn't get buried under clothing, and sticks with me the whole day."

> "There's a long history of women stealing their boyfriend's cologne!" —*Cécile Hua*




VIBRANT & CLEAN
**Balenciaga Paris** L'Edition Mer ($145 for 1.7 oz., neimanmarcus.com)

CITRUSY & BRIGHT
**Ralph Lauren** Ralph Fresh fragrance ($74 for 3.4 oz., ralphlauren.com)

CRISP & TART
**Malin+Goetz** Citron Vert eau de toilette ($150 for 3.4 oz., malinandgoetz.com)

STILLS: **JOSEPHINE SCHIELE**. COLLAGE: WILLIAM ROBINSON/ALAMY. NOAM ARMONN/ALAMY

**continued** on next page

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SWEET & SPICY
**Lancôme** La Nuit Trésor eau de parfum, ($80 for 1.7 oz., lancome.com)

WARM & WOODY
**Diana Vreeland** Daringly Different eau de parfum ($250 for 3.4 oz., bergdorfgoodman.com)

EXOTIC & RICH
**YSL** Black Opium eau de parfum ($115 for 3 oz., yslbeautyus.com)

## You're a Warm Type If...

- ❑ *You're unafraid of siren red lipstick and a smoky eye.*
- ❑ *Your dream vacation is to Marrakech or Istanbul.*
- ❑ *You love intense flavors—decadent spicy or sweet foods like sticky toffee pudding.*

Our expert Honorine Blanc, a Lebanon-born, Paris-trained nose, has creations for Estée Lauder, Michael Kors, and YSL to her name. This category of rich, dark perfumes has a sexy, moody appeal that can be incredibly evocative, Blanc says.

**Q: The warm, spicy scent category seems complicated. Where do I start?**
There are three main directions you can go here, says Blanc. Comforting blends, like Cartier La Panthère eau de parfum légère ($100 for 1.6 oz., sephora.com), may recall the scent of your own skin but better (you may find lots of musk in these). Then there are the seductresses, with amber and heady white flowers, as in Byredo Bal d'Afrique eau de parfum ($220 for 3.4 oz., byredo.com). And finally you have the fruity, sugared blends, including Lancôme La Nuit Trésor (above).

> "Choosing a scent should be impulsive, based on emotions and taste."
> —*Honorine Blanc*

**Q: Oud perfumes are everywhere now. What's the big deal?**
Traditionally used in incense, oud—a highly prized resin from a tropical tree native to India—is having a moment in perfumes right now. "Oud has a long-lasting, amber-y scent that combines spicy, leathery notes with a deep woodsy-ness," explains Blanc. Our new favorite version: Diana Vreeland Daringly Different (at left).

**Q: I'm not into crazy-intense woods and patchoulis. Got any warm scents that don't take themselves too seriously?**
Gourmands, which were introduced with the 1992 launch of Thierry Mugler Angel, exist just for this reason. These mixtures include a lot of dessert-menu ingredients—chocolate, berries, the ever-popular vanilla—yet you won't smell like a fruit cobbler. One of our favorites, YSL Black Opium (crafted by Blanc; above left), keeps the sweetness in check, contrasting pear and rose with an unexpected hit of black coffee for a surprisingly sexy result.

*Cristina Mueller is a beauty and food writer living in Oakland, California.*

# A Few Perfume Ground Rules

Our experts' tips for testing, using, and cherishing your dream scent

### Hit the reset button when testing.

If you inhale perfumes for too long while testing at the store, you'll exhaust your scent receptors. The traditional trick of sniffing coffee beans jolts them back into action, but it's a little overkill. Do as the perfumers do, says Blanc, and sniff a neutral area, like the crook of your elbow (where, presumably, you haven't been spraying anything); it will give your nose a break to recover.

### Spraying the air and walking through the cloud? Not worth it.

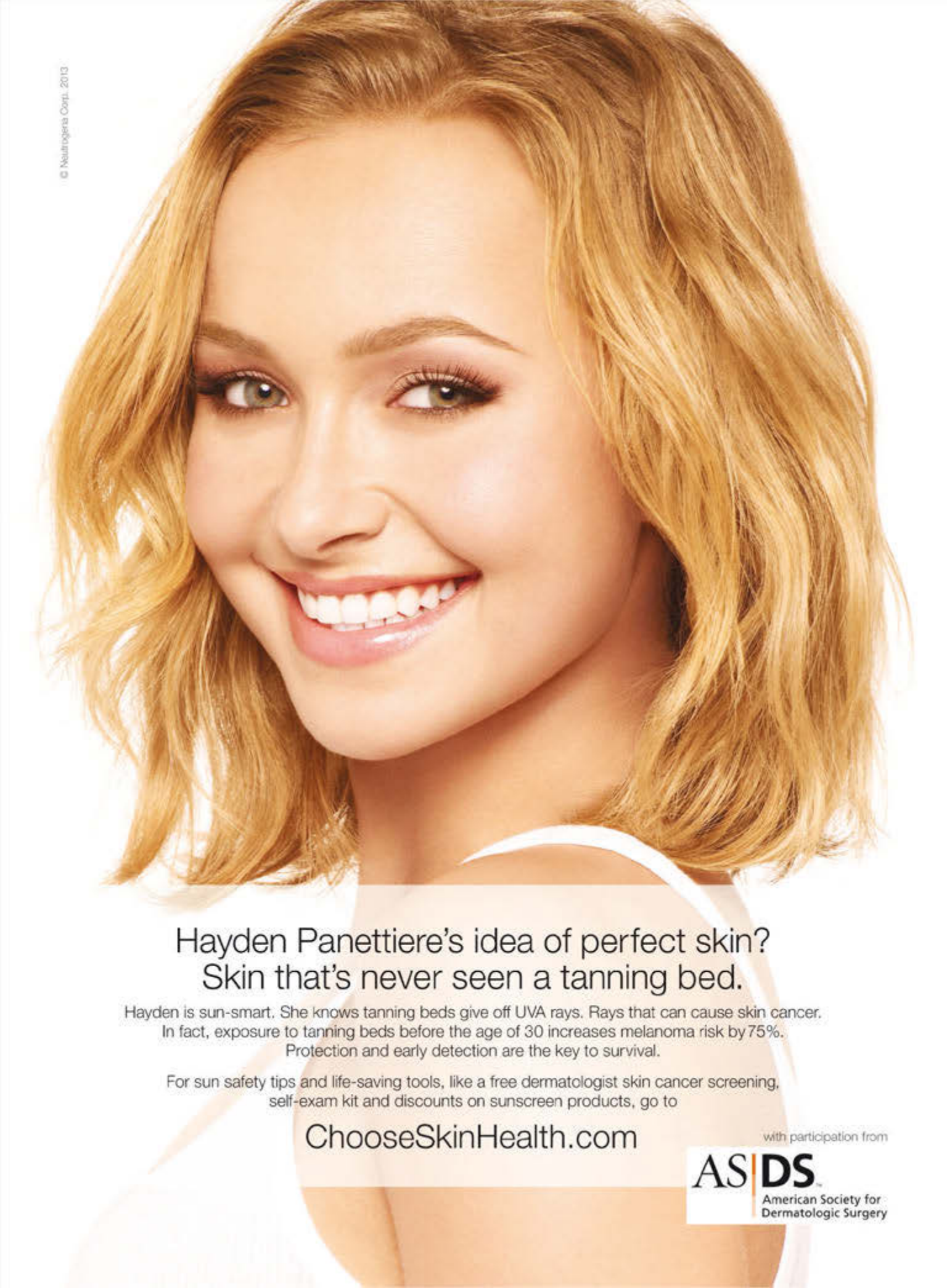
"It's a waste of good perfume!" says Kurkdjian. To prevent the scent from overwhelming, choose one pulse point instead—the neck, behind the ears, or wrists—where your skin will warm the scent and gently diffuse it around you. "Allowing it to evaporate naturally on the skin keeps the scent pure," he adds.

### Take those bottles out of the bathroom so they'll last longer.

Treat a perfume like a fine wine; the juice can degrade quickly when exposed to light, heat, or air. "Keep it anywhere but the bathroom!" says Hua, who cites temperature and humidity fluctuations as the quickest ways to ruin your scent. Store on a vanity or shelf away from light, and with good care, perfumes can last for a year or more.

STILLS: **JOSEPHINE SCHIELE.** FLOWER: WILDLIFE GMBH/ALAMY

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# Hayden Panettiere's idea of perfect skin? Skin that's never seen a tanning bed.

Hayden is sun-smart. She knows tanning beds give off UVA rays. Rays that can cause skin cancer. In fact, exposure to tanning beds before the age of 30 increases melanoma risk by 75%. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

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American Society for Dermatologic Surgery

# A Color Master's Rules for Makeup

Fashion addicts, rejoice! Designer Christopher Kane has a gorgeous new Nars collaboration, and he's laying down the beauty law here. By Maureen Choi



Designer Christopher Kane

Nothing against neutrals, but when spring rolls around, we're all about color—and no one does sunny, happy clothing (think DayGlo dresses, Pepto-pink blouses, and acid green lace jackets) quite like the 32-year-old Scottish design whiz Christopher Kane. "For me, neon is a palate cleanser," he says. "It gives any look that refreshing bolt of electricity." But now, after nearly nine years of bringing color to clothes, Kane is turning his hand to makeup, which raises an obvious question: Is vivid makeup a good thing? (Yes, Kane says—yes, it is.) And how can *you* wear it right? Let him explain.

**On his makeup rules for bold dressing:** "Match your lips to your dress? I don't see why not. But I'm not for extreme makeup, which you can see from my shows. For me, it's all about accentuating the architecture of the face with hits of gorgeous hues. People think neon is scary, but what makes these products wearable is the sheerness of them. So it's not 'boom'—it's just subtle, elegant, feminine color."

**On what inspired his products:** "It's a mash-up of my designs—neons, nudes, sparkles, iridescence—from past collections translated into makeup. I wanted to zoom in on color but not make it heavy or stagy."

**On his first beauty memory:** "I used to watch Disney's *Sleeping Beauty* on repeat, and the thing that always stood out to me was her flawless, perfect pinky-red lips."

**On his favorite real-life beauty look:** "The eyes are the first port of call, so I'm into a soft dusting of shadow and nothing else, or even just a gorgeous defined eyebrow is great. I like polished, kind of nothing makeup."

**On the lip color that flatters everyone:** "Pink. It's a good universal shade for all skin tones, young and old."

**On the best beauty trick he's learned:** "[My backstage] makeup artist Lucia Pieroni is always talking about the importance of highlighter—down the bridge of the nose, on the Cupid's bow and cheekbones. It makes people feel youthful and creates this beautiful, heavenly look."

**His Lit-From-Within Highlighter**
Illuminating Multiple in Violet Atom ($39)



**His Go-to Runway Look**
Glowy skin and rosy cheeks as seen on Jourdan Dunn

**His Beauty Inspiration**
A Technicolor print from his spring 2012 show

**His Magenta Flush**
Blush in Starscape ($30)



**His Tangerine Lip**
Lip Gloss in Nebulous ($26)

KANE: ANDREW WOFFINDEN/BLAUBLUT EDITION. DUNN: IMAXTREE.COM. BEAUTY INSPIRATION: GIOVANNI GIANNONI

*All Christopher Kane for Nars Collection makeup is available at narscosmetics.com.*

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Edited by Danielle Kosecki



# The New Skin Cancer Myth

Many women now think the disease is no big deal. Time to reality-check *that*, and learn easy ways to keep yourself safe. By Shaun Dreisbach

The waiting room at Elizabeth K. Hale's dermatology office is very full these days—and with a lot of twenty- and thirtysomething faces. "I'm seeing twice as many young women come in for mole checks as I did even a couple of years ago," says Dr. Hale, a clinical associate professor of dermatology at New York University Medical Center. "They're wearing sunscreen more regularly and know they shouldn't burn. There's much more awareness about skin cancer now."

That's significant progress considering that just last year 76 percent of you admitted in a *Glamour* poll that you weren't seeing your derm regularly for skin checks. But don't drop the mike and walk away just yet, because there's something else you should know about that waiting room full of women: They're still tanning, often a *lot*! "Glowy skin is still the end game," sighs dermatologist Melanie Palm, M.D., director of Art of Skin MD in Solana Beach, California, and a spokesperson for the Skin Cancer Foundation. Dr. Hale agrees: "Young women still come in bronzed, thinking, As long as I don't fry myself and I get checked, then I can get some color. But that's like thinking that as long as your doctor checks your lungs once a year, then it's totally fine to smoke."

This flawed logic is one reason rates of melanoma—the deadliest form of skin cancer—keep rising. This year alone more than 137,000 cases will be diagnosed, making it the most common cancer among young women and seven times more common than breast cancer. Other skin cancers, like basal and squamous cell carcinomas, continue to skyrocket as well, climb-

727INC.COM/FOLIO-ID.COM

Show us your sun-safety tools! Post a pic of your favorite SPF, hat, or sunnies on Instagram or Twitter, tag **@glamourmag** #SunFreeSelfie, and your photo could appear in an upcoming issue.

**continued** on next page

ing 300 percent from what they were two decades ago, according to the Skin Cancer Foundation. And skin cancer is striking women earlier than ever before. Lacey Hancock, 30, of Salt Lake City, was just 23 years old when she got her first basal cell carcinoma. "In my teens and early twenties, tanning—lying out in the sun, using tanning beds—was huge," says Hancock. "It was all about that glow. I didn't care what it was doing to my skin."

So *why* are we so blasé about tanning, if we know how real a threat skin cancer is? One chilling factor experts cite: "The message that it's treatable if caught early has given women the misconception that 'Oh, it's just skin cancer. I'll have it removed and be OK,'" says Dr. Hale. "I have women say to me all the time, 'Well, that's why I come to see you, Dr. Hale. If I get it, you'll find it and take care of it.'"

## More Than Skin-Deep

If you're diagnosed with basal cell or squamous cell carcinoma, it's true that you may need only one small procedure to treat it. Most nonmelanoma skin cancers, which usually develop on the face, can be frozen or scraped off with minimal scarring—but only if they're caught early. If not? Well, listen to Hancock's cautionary tale. She recently had a squamous cell carcinoma removed from her nose that required hours of plastic surgery. "I have a scar that runs from my eyebrow down the side of my nose," she says. "Ironically, the reason it's so long is because I'm young. The surgeon didn't have extra tissue to pull over what was removed, like you'd have on an older person with looser skin. Afterward I looked in the mirror and couldn't stop crying."

Curing melanoma is not as easy. This type of skin cancer is—and please let this sink in—a *profoundly* big deal. "Melanoma is not a lesser cancer than breast or lung because it's on top of your skin," says Sapna Patel, M.D., an assistant professor of medicine and director of online media for melanoma medical oncology at the University of Texas MD Anderson Cancer Center in Houston. "Melanoma can be invasive even if you see only a small lesion. It's the

# Inside a Crazy Cancer Trend

Why are women posting sunny Instagrams with hashtags like #skincancerhereicome? *Glamour* got answers.

Here's a disturbing phenomenon: Tanners everywhere are sharing their bronzed photos with proud captions and hashtags like #skincancercomeatme and #skincancerdontcare. What the what? *Glamour* contributing editor Shaun Dreisbach, our in-house skin cancer expert and a melanoma survivor herself, contacted one poster—Amber, 40, a hairstylist in California (see right)—to see why she scoffs at cancer.

**GLAMOUR:** So just how often are you lying in the sun?

**AMBER:** I try to get out at least once a week in the morning for two to three hours. I like the brownish tone it gives me. I don't put on any sunblock—just olive oil—and I don't burn.

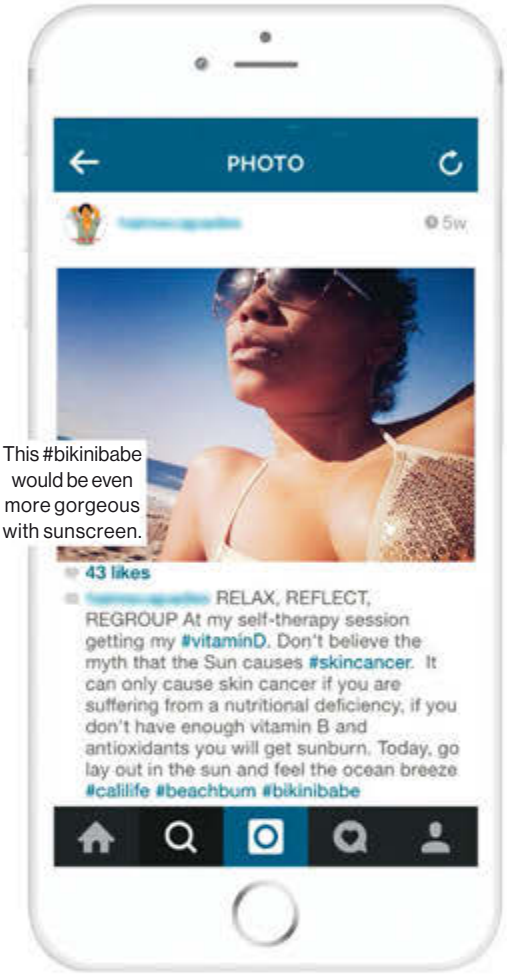
**GLAMOUR:** Wow, no burns?

**AMBER:** No, and that's because of how I eat. I try to include a lot of nutrients, because the only way you really get sunburned is if you're deficient in some.

**GLAMOUR:** That's not true! With skin cancer, experts know what causes most cases: the sun. That's why we hope to change your mind.

**AMBER:** I just feel like I don't get enough sun.... It's so relaxing.

**GLAMOUR:** Totally. But you can still get those good vibes wearing SPF. One thing that swayed me was when a derm told me that a tan is actually DNA damage; it's your body putting up a shield to protect itself. That DNA damage is also a big cause of premature aging.




This #bikinibabe would be even more gorgeous with sunscreen.

**AMBER:** I just turned 40, but I look like I'm in my twenties! I think that how you take care of yourself is what matters.

**GLAMOUR:** Yes, that's crucial. But I eat right and exercise—and I still had a melanoma when I was 30. I always worry, Will it come back?

**AMBER:** I'll definitely consider this, and I appreciate the concern. What do I know? I'm always learning.

**The dermatologist says:** She's mistaken, like lots of women. "It takes only 15 minutes of sun exposure three times a week to produce enough vitamin D," says Dr. Palm. "More puts you at a *much* higher risk of skin cancer and premature aging."

## Sunscreen That *Works*

Don't just grab any old bottle. "The best sunscreen is broad-spectrum, SPF 30 or greater, and contains zinc oxide or titanium dioxide, which reflects light back into the environment so your skin literally doesn't see the sun," says Dr. Palm. These three make the grade.




**Clarins** UV Plus Anti-Pollution SPF 50 ($42, clarins.com)



**Z Blok** SPF 30+ ($15, zbloksun.com)




**Aveeno** Natural Protection Lotion Sunscreen SPF 50 ($11, at drugstores)

INSTAGRAM: SPOOKFEVER

**continued** on next page

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only cancer that's measured in hundredths of millimeters. A lesion just one millimeter deep can be as dangerous as a seven-centimeter tumor of a different cancer." And it grows quickly; even the slightest change in size can worsen a diagnosis.

In fact, doctors say melanoma is so aggressive that it can spread to your blood vessels and lymph nodes in weeks. That's why a derm can't just take off the mole, slap a Band-Aid on, and send you back to work. "We have to take a certain amount of skin tissue in all directions, which means a disfiguring scar that's four inches long, minimum," says Dr. Patel. When Bostonian Kirby Williams, 31, noticed that a mole on her left calf had gotten darker, she procrastinated for six months before seeing a dermatologist—by which point it was already stage II melanoma. "The cancer was beginning to invade my body," she says. "My doctor told me that if I had waited even a month more, I could have faced a very different prognosis. I could have died."

### Your Skin After Cancer

A single instance of any type of skin cancer is scary, but what's scarier is that one diagnosis dramatically increases your odds of getting another. Having melanoma, for example, makes you nine times more likely to get a second (or third or fourth) cancerous spot. Hancock has had six basal cell carcinomas and one squamous cell carcinoma crop up since her first diagnosis. "I have to see my doctor every six months for the rest of my life," she says. "It's been quite a healing process, physically and emotionally. I wish I had been more cautious."

The good news? "Skin cancer is largely preventable—we know 90 percent of cases are caused by the sun," says Dr. Hale. "I go to the beach every week in the summer, and I know how great it is to be outdoors. So I would never tell you *not* to go out and enjoy it. But you should never intentionally seek a tan. I'm getting so many women in their twenties asking for Botox and lasers because they have sun damage. It's crazy because if you look at any red carpet, the women who set the standard of beauty, so to speak, are the ones who protect themselves. The celebrities I treat are not tanning, and it shows."

So make like a celebrity: Get in the habit of applying sunscreen, reapplying hourly, and covering up with a hat, sunglasses, or an umbrella. In other words, don't be fearful of going outside—just be *careful*.

*Shaun Dreisbach is a* Glamour *contributing editor. She lives in Vermont.*

# Do This Lifesaving Check Right Now

There's a reason *Glamour* has run this self-test for nine years straight: It has helped at least 88 readers spot their own skin cancers as well as those of loved ones. "A few months ago I noticed a large mole with irregular borders on the back of my friend Kay Firth's calf—and I knew it was suspicious from reading *Glamour,*" says Erin Martin, 39, of Atlanta. Four days later Firth, 59, got in to see a derm. "They took one look at my mole and said, 'That's a malignant melanoma,'" says Firth. "Erin easily saved my life." Compare yourself here, and see a doctor for anything not "normal."



### Normal mole

It's fairly round and may be flat or raised. Most important: The spot is all one shade of pink, beige, or brown—and stays that way.



### Dysplastic nevus

This is an irregular—or "atypical"—mole that has uneven borders or coloring. It's not skin cancer but could turn into it, so your derm may recommend removing it.



### Actinic keratosis

A red or pink spot that's flat, rough, scaly, or looks wart-ish. AKs aren't cancerous but could become a squamous or basal cell carcinoma. They're usually found on parts of the body that the sun frequently hits: face, scalp, lips, and hands.



### Basal cell carcinoma

This is not only the most common form of skin cancer, but it's the most common kind of cancer *period.* It looks like a sore that doesn't heal or a shiny, pink growth. And it's fast-growing, so no dermatologic dawdling.



### Squamous cell carcinoma

This is the second most common skin cancer. It looks like a raised growth with a depression in the middle. It can be disfiguring—and sometimes deadly—if not taken care of.



### Melanoma

It's the deadliest form of skin cancer (killing one person every hour in the U.S.) but highly curable if caught and treated early. Look for a very dark or multicolored mole that has irregular borders.

## Commit the ABCDE-U Test to Memory

This skin cancer alphabet is the key to identifying suspicious moles. Get to a derm ASAP if you have one that matches any of the descriptions below.

**A – Asymmetry** One half of the mole is a different shape than the other.

**B – Border** The outside edges are blurred or jagged rather than even.

**C – Color** The mole is several shades of black, brown, or red.

**D – Diameter** Melanomas are often the size of a pencil eraser or larger.

**E – Evolving** If you check just one thing, make it this one: A new mole or one that has suddenly taken on a different size, shape, or color. "The biggest skin cancer indicator *by far* is a mole that's new or has changed in some way," says Dr. Palm.

**U – Ugly Duckling** A spot that doesn't look like any of your other ones or just gives you a bad feeling.

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# Break the Snack Cycle!

In our on-the-go culture, snacking equals survival. Here's how to do it the healthy way.
By Juno DeMelo



LEVI BROWN/TRUNK ARCHIVE

Americans have gone from three square meals to one continuous loop of eating: 57 percent of women snack three or more times a day, according to the latest data; back in the 1970s just 7 percent of people were munching that often. All that eating adds up—to about 440 calories more a day, most of them from chips, chocolate, cheese, and cookies. The problem with snacking this much, explains Stephanie Middleberg, R.D., founder of Middleberg Nutrition in New York City, is that it can keep your insulin levels elevated instead of at a steady baseline, making your body more prone to storing fat versus burning it off. Frequent snacking also doesn't give your body a chance to fully digest, so it becomes hard to know when you're truly hungry. On the flip side, an extra bite between meals *can* help keep your metabolism at its best. So just how good (or bad) is the average woman at snacking? We asked eight volunteers to keep food diaries for a week—one logged seven snacks in a single day!—then worked with dietitians to analyze the logs. The result? Three distinct patterns we can all learn from.

**continued** on next page


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# What Type of Snacker Are You?

Match your habits with one of the samples below. Then find out how to snack smarter.

## THE GRAZER

"When I work from home at night, there are no distractions—except for all the junk food I keep," says Amy Schlinger, 27, a writer in New York City.

### Sample Day

**Breakfast:** bagel with cream cheese. **Lunch:** nothing. **Afternoon snacks:** 5 Cinnabon sticks, handful of sunflower seeds, a 100-calorie bag of popcorn. **Dinner:** spaghetti with tomato, grilled calamari, zucchini. **Evening snacks:** tomato and cucumber salad, 3 mini Reese's cups, 2 cookies, sunflower seeds.

**Snack totals:**

1,973 calories, 90 g fat, 71 g sugar

### The Problem

Schlinger's bagel breakfast is the equivalent of nearly five pieces of bread and has little satiating protein or fiber, setting her up to be starving all day, says Middleberg: "She's probably getting a sugar high, crashing, then reaching for more sugary snacks to boost her energy levels again."

### The Fix

Grazers think skipping meals saves calories, but Middleberg says they're more likely to binge-eat later. Schlinger could've had a satisfying burrito bowl (brown rice, beans, steak, veggies, salsa, cheese) for lunch, and a banana with Nutella as her snack, and *still* saved 1,128 calories.

## THE MEAL REPLACER

"I hate preparing food," says Michelle Malashock, 32, a communications manager in Bentonville, Arkansas. "I have a real dinner only if my husband cooks."

### Sample Day

**Breakfast:** peanut-butter meal-replacement bar. **Lunch:** chicken ranchero enchiladas, sweet potato fries. **Dinner:** chicken breast, 2 tangerines. **Evening snack:** strawberry nutrition bar with Greek yogurt coating.

**Snack totals:**

410 calories, 12 g fat, 32 g sugar

### The Problem

The total snack calories aren't crazy, but they lack nutrients. "Malashock grabs whatever's convenient when she's hungry," says Rachel Beller, R.D., of Beller Nutritional Institute in Beverly Hills. "Most of what she's eating is devoid of filling fiber. Those bars are processed junk." Even dinner is an unsatisfying hodgepodge.

### The Fix

"Malashock doesn't have to cook," says Beller. "She just needs to make better choices that are equally convenient." If she eats a more substantial breakfast, like peanut butter on whole wheat with a banana, she can have a lighter lunch. At night she could swap the bar for easy, precut veggies.

## THE "HEALTHY" NIBBLER

"I'm addicted to string cheese and homemade oat bars," says Susan Patch, 33, an animal trainer at the San Diego Zoo.

### Sample Day

**Breakfast:** oatmeal with milk, brown sugar, walnuts, and cranberries; slice of whole wheat bread with butter and honey. **Free lunch at work:** hot dog, chips, 2 cookies, plus string cheese, apple, oat bar. **Afternoon snack:** 2 oat bars. **Dinner:** roast chicken, Brussels sprouts, slice of bread with butter and jam.

**Snack totals:**

775 calories, 24 g fat, 61 g sugar

### The Problem

"Between lunch and dinner, Patch is guilty of what I call a diet DUI: dining under the illusion that what she's eating is good for her," says Beller. The bars have healthy ingredients like flax seeds, "but three of them add up to 600 calories, 18 grams of fat, and 42 grams of sugar."

### The Fix

Patch can enjoy the occasional freebie lunch, but she didn't have dinner until seven hours later. Of course she needed a snack! If she'd planned to eat a hearty dinner (4 oz. chicken, 2 cups veggies, bread) sooner, says Beller, she could've tided herself over with just one bar.

# 4 Rules for Fueling Up Right

"If it's done correctly, snacking can help keep your metabolism humming and prevent overeating at your next meal," says Middleberg. These tips will save you from reflexively grabbing just anything.

## Know If You *Need* a Snack

"People have heard that they should eat five times a day, but the truth is that it's good to get hungry between meals," says Middleberg. If you don't feel hungry or notice your energy dipping, there's no need to nibble.

## Time-Manage

When you feel a snack attack coming on, consider whether you're hungry or just anxious, lonely, or tired (HALT; get it?) and how long it's been since your last meal. "If it was an hour ago, there's no way you're hungry," says Middleberg. If it's been at least a couple of hours, you're in the clear to eat something light until your next meal.

## Perfect the Composition

Beller's foolproof snack formula: about 175 calories, at least 3 grams each of fiber and protein, plus healthy fats to slow digestion. Try pairing cut-up veggies with hummus, or Greek yogurt with fruit and a little granola.

## Don't Snack After Dinner

Since most of what we eat late at night tends to be sugary, Middleberg suggests staying out of the kitchen. "If you really want a treat, have it right after your last meal so that you're not noshing until bedtime."

JONATHAN KANTOR




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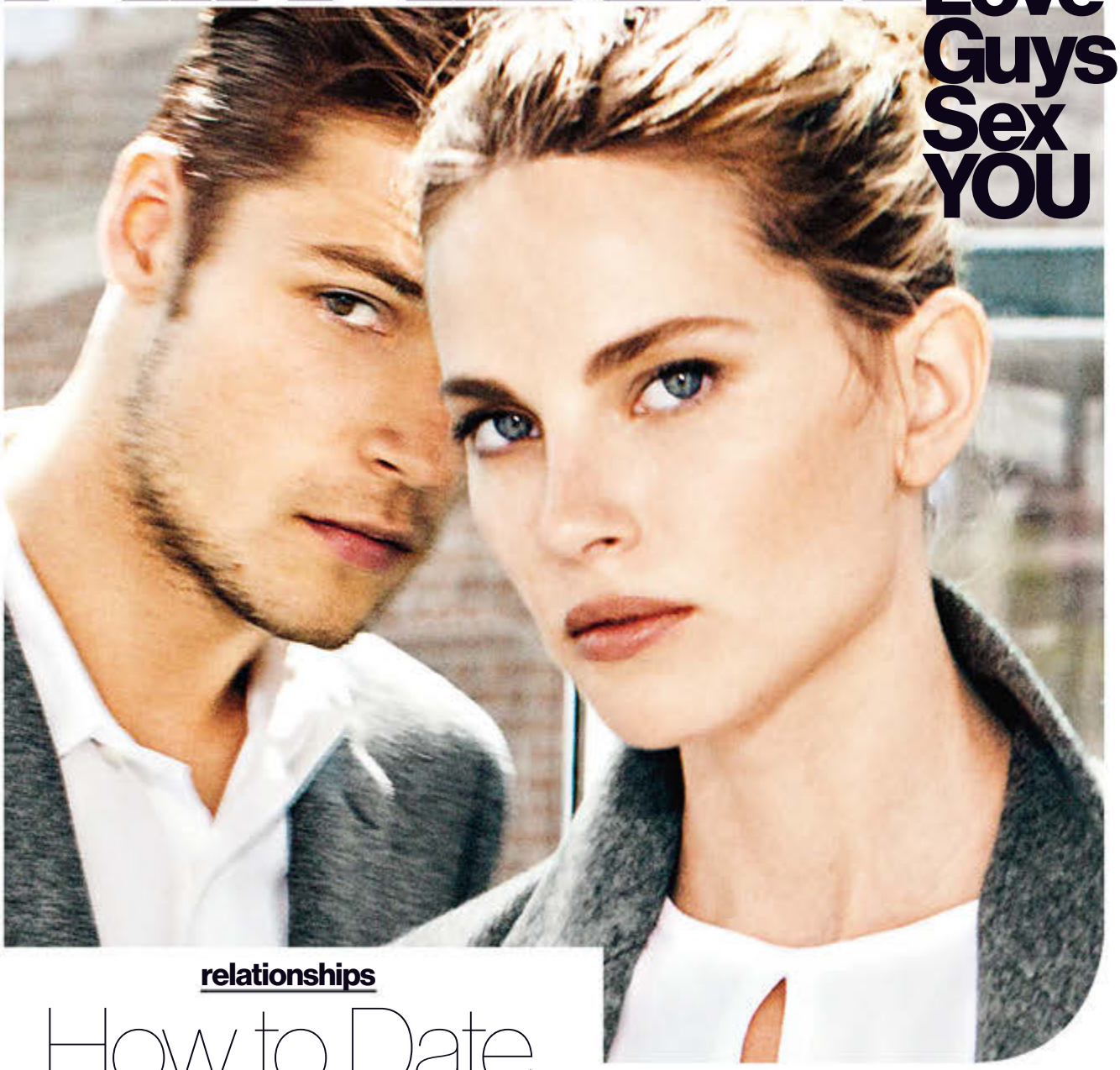
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# All About Life Love Guys Sex YOU



COUPLE: BEN WATTS

**relationships**

# How to Date (Responsibly) at Work

It's more and more common, and your boss might even be fine with it. But that doesn't mean an office romance is *easy*. Some survival tips to stay sane—and employed!

By Kat Stoeffel

Sarah, a 30-year-old graphic designer, met Matt through a colleague at the imaging tech company where they both worked. "I didn't really notice him at first because he had a beard, and beards weren't my thing," she says. But they exchanged a few texts, then graduated to friendly lunches. Eventually Matt asked Sarah on a date, and they talked for so long that the sushi restaurant had to kick them out. "We took things slowly because we were both very aware that we worked in the same office," she remembers. But the caution was worth it: Five years after that first date, he proposed.

A decade ago their romance would have been expressly forbidden. (You know the old saying about not, um, *making a mess* where you eat.) But as more Americans postpone marriage until their careers are established—and as hours get longer, with smartphones blurring work and play—it makes sense that attitudes are changing. "Older generations saw work as a separate place," says Renee Cowan, Ph.D., an assis-

**continued** on next page

tant professor at the University of Texas at San Antonio who studies office relationships. "Nowadays work and life are very integrated." In that light, these stats aren't surprising: 37 percent of people have dated a coworker, according to a 2015 survey by CareerBuilder, and 30 percent of those relationships ended in marriage (proving that an office romance is not *always* a disaster).

Still, dating at work can be a personal and professional minefield. "I hate to be the legal buzzkill here, but these relationships can create problems," says Lisa Green, an employment lawyer and the author of *On Your Case*. Policies vary from company to company; relationships don't always end well; and two jobs are on the line. So *Glamour* spoke with real-life office daters and workplace experts to devise the ultimate dating-at-work survival plan. Because seriously, where else are you going to meet someone these days?

## No, Really: Avoid the Boss

According to HR consultant Laurie Ruettimann, most written policies prohibit employees from dating only a direct boss or subordinate. Which brings us to a crucial point: Try not to. Experts *Glamour* spoke with discourage manager-subordinate romances because they create the perception (or reality) of favoritism; in a worst-case scenario, both parties could be fired or dragged through a harassment lawsuit. And women are disproportionately judged for these relationships, whether they're the boss—"With great power comes great responsibility," warns Green—or *especially* if they're the underling. "Even today a boss-subordinate relationship is viewed as strategic on the woman's part," says Rebecca Chory, Ph.D., who studies workplace interactions at Maryland's Frostburg State University.

Relationships with coworkers at your level or in different departments are less of a headache, and policies tend to reflect that. Nick,* 29, was surprised but pleased to be hired by his girlfriend's digital-media company, where several other couples worked together. "The policy seemed to be: If you're dating and still doing your job, we don't care," he says. The truth is, "even if there are rules, people will hook up anyway," admits Green.

> "People are out with long knives for the happy couple."
> *—Lisa Green, employment lawyer*

## Be Direct

So what to do if you find yourself lusting after the project manager down the hall? Here's the rule: You get only one shot at asking out a coworker. If you ask repeatedly, says Green, you risk creating a hostile work environment for your crush, which can be defined as harassment. And if a colleague asks *you* out and won't take no for an answer, that may be harassment, and you should consider talking to HR.

As for the casual hookup? If you make out with someone at the holiday party, bite the bullet and ask about the person's intentions afterward. "I did not ask, and I spent the next six months wondering if every work email he sent was a subtle invitation to get at it again," says Mia, 30, a management consultant in New York. "None were, and my work life would've been better if I'd known that."

## Don't Flirt (Too Much)

If you do decide to start a relationship, remember that others will probably pick up on the sparks. As Anna, 27, who dated a coworker for seven months, points out, "It's hard to pretend like you're not dating someone for eight hours a day." But you can do your best to make others comfortable by nixing the "We're so cute" act. "People are out with long knives for the happy couple," says Green. An easy fix is to act professionally and, when you're together, keep the door open. "Otherwise," says workplace consultant Nicole Williams, who married—and later divorced—her boss, "people wonder what you might be planning." Stephanie, 30, a Houston attorney, works with her husband at a law firm, and they obey a strict no-touching policy that *he* imposed. "He needs, like, three feet of space in the elevator," she jokes. But their co-working is going smoothly as a result.



Mindy and Danny aren't fooling anyone. (Neither are you.)

MINDY AND DANNY: JORDIN ALTHAUS/FOX

## Dating at Work: Yes or No?

A lightning round of opinions from women who've tried it

**YES**
"I found it completely energizing professionally. I wanted to impress him."
*—Emma, 30, television producer*

**NO**
"Don't do it unless you're fine with the fact that everyone—including your boss—will know."
*—Anna, 27, reporter*

**YES**
"It was nice to date someone with a similar schedule. We could talk about work and not worry if the other person 'got it.'"
*—Jennifer, 25, accountant*

**NO**
"It ended with him banging on my door while I hid, and my neighbor told him to leave. Luckily he was fired soon after."
*—Jane, 31, teacher*

**continued** on page 148

*Some names and identifying details have been changed.

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A NEW FRAGRANCE FOR HER

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"It's hard to pretend like you're not dating someone for eight hours a day."

*—Anna, 27, reporter*

## Tell Your Company

Another rule of office relationships: If things get serious, disclose. Yes, it's embarrassing, but you'll be glad you did. "Reporting a relationship improves your odds of avoiding an awkward situation when word gets out," says Green. It might even make things easier. Jennifer, 25, an accountant, kept quiet about her relationship—until she and her boyfriend were assigned to the same project. "HR reassigned one of us due to 'scheduling.' It actually let us tell people when we were ready, and any stress we felt went away."

## Be Aggressive About Boundaries

It's natural to think about how an office romance will affect your career, but the fact that you work together will also affect your *relationship,* so make sure to draw a line between work life and love life. Jessica, 25, an antiques expert who moved across the country and, basically, in with a coworker, eventually realized that the relationship-job combo was dominating her new life. "I hadn't made any female friends, and I missed that," she recalls. "We had to sit down and say, 'We need to spend less time together.'"

And be prepared to stick to those boundaries, even in terrible situations. When Ruettimann was working in corporate HR for Pfizer, she heard rumors that her now-husband's department was going to be outsourced. "I just shut the hell up," she remembers. Sounds harsh, but sharing the info could have gotten her fired. Fortunately, their relationship survived, but it's a reminder that mixing romance and work *can* get complicated. "But," she says, "the heart wants what it wants."

## Prepare an Exit Strategy

The biggest hazard of workplace relationships is the biggest hazard of all relationships: They end. Take Lauren, 28, a video editor who secretly dated a coworker for weeks. He flaked on a weekend getaway, then stopped texting. You could call it ghosting, except she sees him every day in the office kitchen. "It's so distracting," she says. The takeaway? When two careers are tangled, a what-if plan is key. "You have to have the conversation about what happens if you break up," says Williams. Then reality-check yourself. "If someone ends up quitting, it's often the woman, because men aren't as worried about post-breakup drama," notes Williams. "You have to ask, What if I *do* have to quit?"

## Don't Forget to Enjoy It

There is good news. When workplace dating goes well, it goes really well. Happily coupled-up workers have reported higher job satisfaction, says Cowan. And the office is surprisingly a great place to vet a future partner. "You can learn a lot about someone's temperament and goals," says Williams.

Plus, sometimes you can fall in love even more when you watch someone excel. Nick, the digital-media editor who dated a colleague, now works somewhere else, but he left with an intense appreciation for his girlfriend. "She's doing the job she's always wanted, and she's super good at it," he says. "I'm in awe of her."

*Kat Stoeffel is a writer in New York. Additional reporting by Laura Reineke and Jessica Grose*

GUILT-FREE ZONE:

## HEY, IT'S OK...

*...if the only* Mad Men *characters you still care about are Peggy, Sally, and Joan. Sorry, Don. You had a good run.*

**...to just RSVP "no" without providing an explanation. It's a happy hour, not jury duty. You can politely decline.**

*...to follow your own PALEO diet: pasta, artichoke dip, lemon bars, egg sandwiches, and orange Tic Tacs. Delicious!*

**...if you still send dressing-room selfies to your mom. It's not your fault she has better taste (and gives more honest feedback) than your friends.**

*...if you spent an hour clicking through every picture on your boyfriend's ex's Instagram. If it's public, it's fair game.*

## UMMM, *NOT* OK

**...to actually follow your boyfriend's ex on Instagram. Boundaries, ladies.**

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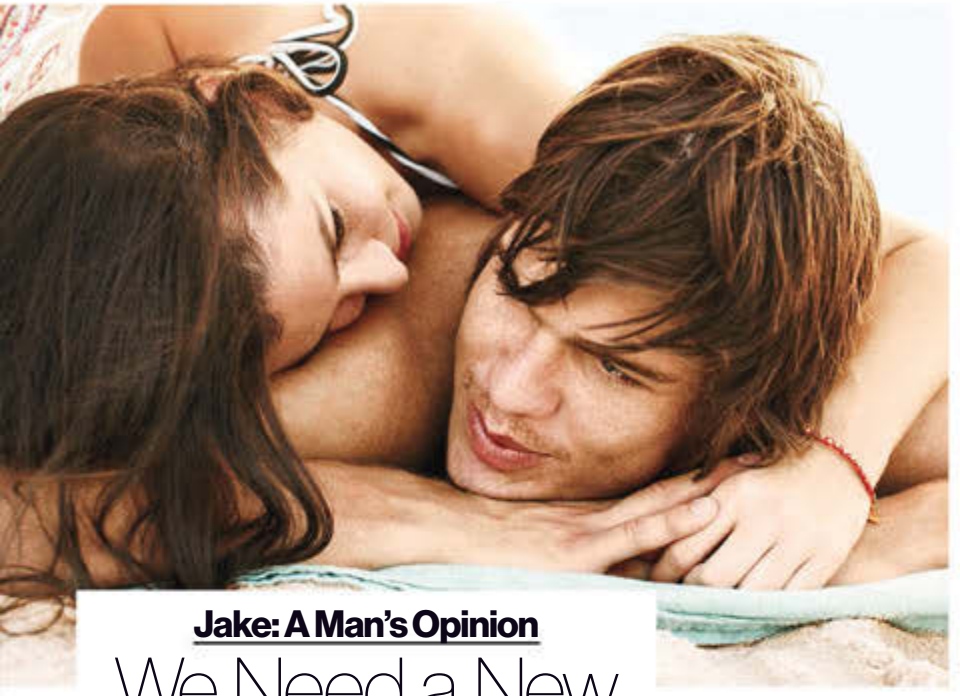
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## Jake: A Man's Opinion

# We Need a New Word for Cuddling

The C-word—and these five other highly important love and sex terms—should be renamed, pleads Jake.

A few weeks ago my girlfriend got mad at me because we weren't cuddling enough in the mornings. It was a legitimate complaint—she felt a little neglected without the affection—so we did our best to talk things out. But look, there's no way to have a serious discussion using the word *cuddling*. Say "cuddling" five times out loud and you instantly feel like a seven-year-old. So here's my proposal: Let's rename it. In fact, let's rename all the cutesy words we use to describe crucial relationship concepts. I'll start.

**Cuddling** Several studies show that physical affection, particularly postsex, is important to relationship satisfaction. But the word sounds like some sort of chore possibly related to the process of making cheese. What if we just called it couch time? Or pillow time if you're doing it in bed. Whatever location works for you!

**Chemistry** I don't want a science experiment; I want a connection. (But I don't want to say "connection," because that's too New Agey for a first date.) How about "vibes"? "Dinner went well—we had good vibes." I could say that with a straight face.

**G-spot** I feel gross even typing that. But it's not something you can ignore. Can we just call it the zone? As in, "You are totally in the zone right now."

**Make Love** There are plenty of R-rated euphemisms for this one, but I don't want to say them to my girlfriend. (Not all the time, anyway.) Still, "I'll make love to you" sounds like something from an *SNL* skit (specifically the one with Will Ferrell and Rachel Dratch in a hot tub). So I nominate the word *melt*—like that eighties song lyric "I'll stop the world and melt with you."

**Doggy Style** No one wants to be compared with a dog in bed. I repeat: no one. This position has always reminded me of wrestling, an activity that also starts on all fours, so let's just stick with that terminology. "Want to wrestle?" sounds much better than "Want to do it doggy-style?"

**Orgasm** It just reminds me of sex-ed class—too clinical. "Cumming"? Too pornographic. I've always thought the French had this nailed with "*J'arrive!*" I'm arriving!

Have suggestions of your own? Let me know! And next time you're melting with your boyfriend, I hope he's in the zone.

*Jake is a not-so-single guy living in L.A.*

*What Men Think:*

## Do Guys Actually *Like* Cuddling?

Or is it just a shortcut to sex? Honest answers from over 500 men in our monthly survey.

**Let's start with the word itself. Does *cuddling* bother you?**

No, I don't really mind it ..... 87%

Yes, it sounds so juvenile ..... 13%

**What would you rather call it?**

"Sexdling," "snuggling," "loving," "togetherness," "huggling," "trying to get laid."

**And do you actually *like* cuddling, or is it just a means to an end?**

I like it ..... 85%

I do it only because I'm hoping it leads to sex ..... 15%

**Would you cuddle with someone you just started dating, or is it an established-relationship-only thing?**

If I'd have sex with her, I'd cuddle with her ..... 61%

Established relationships only—I don't want to send the wrong message ..... 39%

**When do you most like to cuddle?**

When we're just hanging out, watching TV ..... 42%

At night, before we go to sleep ..... 34%

In the morning, when we wake up ..... 11%

Only before or after sex, whenever that is ..... 10%

**Spooning: Is it a Do or a Don't?**

Do! It's a classic for a reason ..... 79%

Don't. Whoever says that it is comfortable is lying ..... 21%

**And if you had to choose: Would you prefer to be the big spoon or the little spoon?**

Big spoon! ..... 71%

Little spoon! ..... 29%

**Do you like cuddling through the night while you sleep?**

Yes, I like feeling her next to me all night ..... 57%

No. I need space to actually fall asleep ..... 43%

**What does it *really* mean if a guy says, "I just want to cuddle"?**

He's lying—he still wants to get laid ... 71%

He's not that into you ..... 29%

*—Elyssa Goodman*

CHRIS CRAYMER/TRUNK ARCHIVE. SURVEY DATA COLLECTED FROM 503 MEN AGES 18–44, MARCH 6–7, 2015, USING SURVEYMONKEY AUDIENCE



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**My Zo-Called Life**

# Can We Make "Conscious Cohabiting" a Thing?

It means living together without losing your you-ness. Let columnist **Zosia Mamet** explain.

A friend once told me she didn't know whether she could ever live with a significant other. She had her rituals and her routines, and she feared existing with another human being would mean giving up the wonderful way she existed alone. I'd never thought about cohabiting like that before. Then, two years ago, my boyfriend and I got a place together. At first, I was embarrassed about my super-dorky preferred bedtime of 9:00 P.M. and the fact that, if left to my own devices, I would order the exact same thing from the exact same restaurant five (OK, seven) times a week. But as these silly anxieties melted away, I realized the real task would be, as my friend foreshadowed, keeping *my* identity while sharing a home with him.

So where did this fear originate? Fifty, 60 years ago, women rarely lived on their own. They resided with parents, then with college roommates, and finally with husbands. A woman who (gasp!) lived alone was a spinster, doomed to a life of cats, romance novels, and loneliness.

Then feminism changed everything. And in its aftermath, living alone, bringing home the bacon, sleeping on both sides of the bed, and decorating in whatever f--king color scheme you want have become the holy grail for many women. That all implies you are *on your game:* strong, successful, independent. Pretty much every female pop icon in the last 20 years has written a song about the power that comes from being an on-her-own-two-feet single lady. Which makes choosing to live with a partner more complicated: You are, with one flick of your lease-signing pen, admitting that you *don't* actually want to do it all on your own (even though you could).

And I think that's where things get tricky today; we've been taught that a "modern woman" doesn't need a man—or a label on her relationship, or a key, or a ring. But there's nothing wrong with wanting all of those things. Sharing your life with someone *and* being an empowered woman aren't mutually exclusive. The desire to be "just a girl standing in front of a boy, asking him to love her" (thanks, *Notting Hill*) doesn't take away any of your "I depend on me"–ness. Independence, to me, has more to do with cultivating your own interests and relationships than with sharing a bed.

When you move in together, it can be difficult to maintain that individuality. It's all a matter of conscious cohabiting. By that I mean making a point to hang on to customs you hold dear. If I couldn't go to yoga with friends, or watch *Nashville,* or cook with vinegar (which he *hates*), I'd be a cranky human. *He* likes scary TV shows; I can't stomach them, so he watches while he's at the gym. We will both read or work in the same room—in our own bubbles. My point: Your lives are still your own.

Ultimately, the power of a duo comes from its unique halves. And the more you let go of your traditions or tribe, the more you're not you. I'm not saying you can't evolve. I remember I wanted a zany paint color for our kitchen; he, a subdued one. Something deep inside me screamed like a caged animal told it could never run free: *No!* Now I realize I would have gotten sick of the fiery red; his caramel-latte-like shade greets me calmly every morning. I didn't give up my desires; rather, I was opened up to something new. But if you're constantly making undue compromises—you stop singing in the shower because he thinks it's silly; you quit talking about work successes, as it makes him feel threatened; you neglect your best friend, since he isn't a fan of her—be warned: You might wake up in five, 10 years, unable to recognize yourself or the person lying next to you. My two cents: Listen to and make space for your partner, but most of all *do you*—that's who your human wanted to live with in the first place.

> "The more you let go of your traditions or tribe, the more you're not *you*."

*Zosia Mamet is an actress on HBO's* Girls.




**Yours/Mine** Important distinctions, argues Mamet.

MAMET: PAUL ZIMMERMAN/WIREIMAGE. STILL: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES

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# OMG!

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**Real Life**

# Don't "Hey, Baby" Me

An exclusive new survey shows that *96 percent* of women are harassed on the street. And no: We *don't* like it. Writer Roxane Gay looks at why this still happens—and what to do.

There I was, standing outside a salon in downtown Los Angeles where I had just gotten my hair cut. A man, a stranger, suddenly stopped and said, "You have such a pretty face. Don't let anyone tell you you're fat." Then he tried to hug me. I felt a brief rush of fear, stepped away, and made a karate move with my arms. The man went on his way and I went on mine, though the more I thought about the encounter, the more my irritation grew. It was clear he thought he was flattering me, but let me be clear: I wasn't flattered. The best thing I can say is that I was grateful this particular incident of unsolicited attention was mild. It was *not that bad*.

It also wasn't surprising: 96 percent of American women 40 years of age and under experienced street harassment in the past year, according to a landmark survey—the largest ever of its kind—conducted by Cornell University for Hollaback, an organization fighting to end sexual harassment in public; at least one fifth of women were harassed 21 or more times. "In the past, we've known what street harassment looks like based on the stories people have shared with us," says Debjani Roy, deputy director of Hollaback. "But these numbers prove: This is real and it's prevalent."

Experts say street harassment has likely been around since, well, women first dared to go outside, which is part of the reason it's so accepted. But that's beginning to change. "The Internet is increasing awareness," says harassment researcher Kimberly Fairchild, Ph.D., associate professor of psychology at Manhattan College in the Bronx. "Campaigns like #YesAllWomen and #YouOKSis, which encourages women to reach out to others they see being harassed, have helped give us all a space to discuss this. You can see, 'Oh, this isn't just happening to me; it's happening all over the place.'" And for some women, learning that can be a watershed.

Rochelle Keyhan, 30, an attorney in Philadelphia, has been followed, barked at, and stared down on trains, but says she didn't realize that street harassment was something she was *allowed* to be upset about until she did some legal work for Hollaback in 2010. "I consider myself a pretty intense feminist, but even I assumed it was just part of life," says Keyhan. "After that, I started talking to friends about street harassment more and calling it out when we saw it, even if it was just on TV."

## More Than an Inconvenience

What exactly *is* street harassment? "Anything that makes you feel uncomfortable, degraded, or like an object is street harassment," says Fairchild. There is a continuum: On the milder end it's catcalls, whistles, and obscene gestures. And on the more extreme end, it's much worse. Last October Julia Marquand, a 28-year-old dog trainer, was shopping in Seattle when a man followed her to a Banana Republic and grabbed her butt. "I was freaking out," she says. "I turned around and told him not to touch me; he started apologizing and left." She went into the store to compose herself but was mad she hadn't done more. So she tried to find the guy. It didn't take long—he was still roaming the area. "I didn't know what to say; I just held up my phone and started taking pictures of him."

Marquand took the images to the nearest police station to file a report, but the officer who took her statement declined to include them. Disappointed, she uploaded one to Twitter with the message "I have a

> "A cop nearby said, 'What do you expect me to do about it, lady?'"

STREET SCENE: FRENCHY STYLE-BLAUBLUT EDITION/TRUNK ARCHIVE. SUBJECTS IN PHOTO ARE MODELS. PHOTO IS FOR EDITORIAL PURPOSES ONLY



**It's Not Your Clothes** Women report being harassed more when they're dressed down than dressed up.

pic of the man who groped me & the cops don't want it." "At first a lot of commenters said I was making up a story for attention," she says. But then the post went viral; Department of Corrections officers saw the pic and the location and recognized the man: a felon breaking probation. He was arrested—and only then did Marquand learn he was a level III sex offender. "I was pretty creeped out," she says. "But the whole experience made me realize that we can stand up for ourselves and actually change things."

Marquand's story is shocking but not rare: 78 percent of the women surveyed said they'd been followed by a man or group of men in a way that made them feel unsafe. And half of all the women, *half,* had been groped or fondled without their consent. Sadly, most attackers are never caught. "Unless you're going to call the police while following a guy—and we don't recommend being a vigilante—it's kind of hard to catch the person," says Keyhan. Rutgers University professor Laurie Rudman, Ph.D., can attest to this. "I've had this happen," she recalls. "There was a cop nearby, and I went to him and said, 'A man just grabbed my tit.' And the cop said, 'What do you expect me to do about it, lady?' Because that guy was long gone."

## So What *Should* You Do?

If authorities can't or won't always help, and men don't usually step up (see sidebar), we must stand up for ourselves. Because in big and small ways, this harassment changes how we move through the world. More than half of survey respondents altered their style of dress, refused social invitations, or changed their commute after being catcalled or worse. If the harassment is frequent or severe enough, says Rudman, "women may become highly critical of their bodies and develop depression, anxiety, and eating disorders."

When that strange man "complimented" me, I waited to see how the situation might escalate. But instead of waiting, we can take action—for ourselves or to help someone else. After all, Fairchild's research shows that doing something, even a small something, can negate the side effects of street harassment. How to start:

**First, assess your safety.** "If you don't feel comfortable, don't say anything," says Roy. Ignore the harassment, get to a safe place, and then ask for help. "Once I saw a woman being harassed on the opposite train platform," says Keyhan. "I told the attendant near me, and he called the attendant on the other side, who intervened."

**Speak up.** If you're confident the situation won't escalate, make eye contact, take a step back, and say something short and direct like, "That's disrespectful and I don't appreciate it." "Then keep moving," says Roy. *Don't* open up a conversation. "I don't feel the need to blow up at someone if they think they're giving me a compliment," says Marquand, who is now un-shy about confronting lewd behavior. "But if they're rude, I'll say, 'Hey, don't talk to me like that.' So far there haven't been any bad reactions."

**Talk about it.** Tell your friends, or post what happened on social media—research shows doing so will make you feel better. "That's something I've personally done," says Roy. "I got so much support. People were like, 'That's wrong. I'm so sorry that happened.' You kind of need to hear that after being harassed." And tell the men in your life too. "People who've never been harassed may assume it's not an issue," says Keyhan. "If they can recognize the behavior, they may be more likely to call out friends who engage in it or to intervene." In other words, maybe they'll become one of the good guys.

*Roxane Gay, author of* Bad Feminist: Essays, *is a contributing opinion writer for* The New York Times. *With additional reporting by Danielle Kosecki.*

# Street Harassment: What Women and Men Say

Hollaback's groundbreaking survey of women shows just how common street harassment is. So what are guys doing about it? The disturbing results from *Glamour*'s poll of 1,000 men.

| *Women* | *Men* |
|---|---|
| **Almost every woman has been harassed.** 96% of women reported being harassed in the past year; 78% said they'd been followed in a way that made them feel unsafe. | **Men do admit to bad behavior.** 31% told *Glamour* they'd made comments to a woman they didn't know on the street about her body or appearance at least once in the past year. |
| **It happens to girls as young as 10.** 85% said they were first harassed before age 17; 12% said they'd experienced it before age 11. The average age it starts? Thirteen. | **But most don't say it's harassment.** Of those who catcalled or made lewd gestures at a woman? Only 10% defined their behavior as harassment. |
| **It changes women's day-to-day lives.** 86% said harassment has led them to alter the route they normally take; 72% avoid specific areas; 66% change what they wear to avoid attention. | **Men aren't stopping other men from doing it.** 60% admitted they'd seen street harassment in the past year, but only 34% intervened on behalf of the woman. |
| **And once and for all: No, it's not a compliment!** Less than 3% of women said the attention was "somewhat" or "very" flattering. Most reported feeling nervous, angry, or scared. | **Most men think it's no big deal.** 38% of men said women should ignore it; 18% said we should take it as a compliment; and 18% said we should stand up for ourselves. C'mon, guys, you can speak up too! |

HOLLABACK INTERNATIONAL STREET HARASSMENT SURVEY DATA COLLECTED FROM 4,872 AMERICAN WOMEN AGES 40 AND UNDER, OCTOBER 15, 2014–DECEMBER 15, 2014, USING QUALTRICS AUDIENCE. MEN'S STREET HARASSMENT SURVEY DATA COLLECTED FROM 1,141 MALE RESPONDENTS AGES 18–65, MARCH 9–10, 2015, USING SURVEY MONKEY AUDIENCE



**Honor Roll**
"Who would we be without our mothers?" asks Margulies.

# 10 Women Who Changed My Life

## *By Julianna Margulies*

Each month we ask one amazing woman: So who's made you *you*? Here, the *Good Wife* star makes her list.

### 1. Henrietta Margulies

Lawyer...and my grandmother

She was one of the first women to graduate from NYU School of Law, in 1924. At the time women weren't allowed to join the bar, so she and a few others started their own: the Bronx Women's Bar Association. It took courage in those days to be a working, educated woman, but my grandmother would hear of nothing less.

### 2. Gloria Steinem

Activist and author

Gloria paved the way for so many women. When she was told she couldn't, she did—with grace and dignity, despite the naysayers.

### 3. Mary Oliver

Poet

In "When Death Comes," she writes: "When it is over, I want to say: All my life / I was a bride married to amazement. / I was a bridegroom, taking the world into my arms." I hope I can say that at the end of my life.

### 4. Valerie and Meredith Estess

Activists

I've known the Estess sisters since their sister Jenifer was diagnosed with Lou Gehrig's disease. Their foundation, Project A.L.S., has raised more than $70 million for a cure; although they lost Jenifer, Valerie and Meredith continue to fight.

### 5. Christine Baranski

Actress and my costar on *The Good Wife*

Every year around Christmas, Christine and I go out to indulge in our favorite things: martinis and steak. She is the classiest woman I know. Bar none!

### 6. Erin Merryn

Activist

I met Erin, a survivor of childhood sexual assault, at *Glamour*'s Women of the Year awards in 2012. She won't stop until Erin's Law, which mandates sexual abuse prevention programs in public schools, passes in all 50 states; she's already passed it in 20.



Merryn with her *Glamour* award

### 7. Kirsten Gillibrand

U.S. senator (D–N.Y.)

Senator Gillibrand and I met about Erin's Law, and three days later she called Erin. Which is a way of saying: She gets things done. We need more women politicians like her!

### 8. Ruth Bader Ginsburg

U.S. Supreme Court justice

Everyone knows who she is, and if they don't, they should. When she was appointed, in 1993, I remember feeling safer as a woman, knowing a voice on the Supreme Court would speak for me.

### 9. Patti Smith

Musician and author of *Just Kids*

I first saw Patti in person at the Metropolitan Opera, but I was too tongue-tied to say anything. A year later I was seated with her at a dinner, and I finally introduced myself. I was stunned when she said, "I watch your show every week! I saw you at the opera, but I was too shy to say hello."

### 10. Francesca Margulies

Dance instructor... and my mother

My mom championed my choices and loved me unconditionally. I didn't have the most conventional childhood, but she always believed in me. Sometimes that's all you need.

.com Who would make your list? Tweet us **@glamourmag #inspiringwomen.**



MARGULIES: SIMON EMMETT/TRUNK ARCHIVE. MERRYN: THEO WARGO/WIREIMAGE FOR GLAMOUR MAGAZINE

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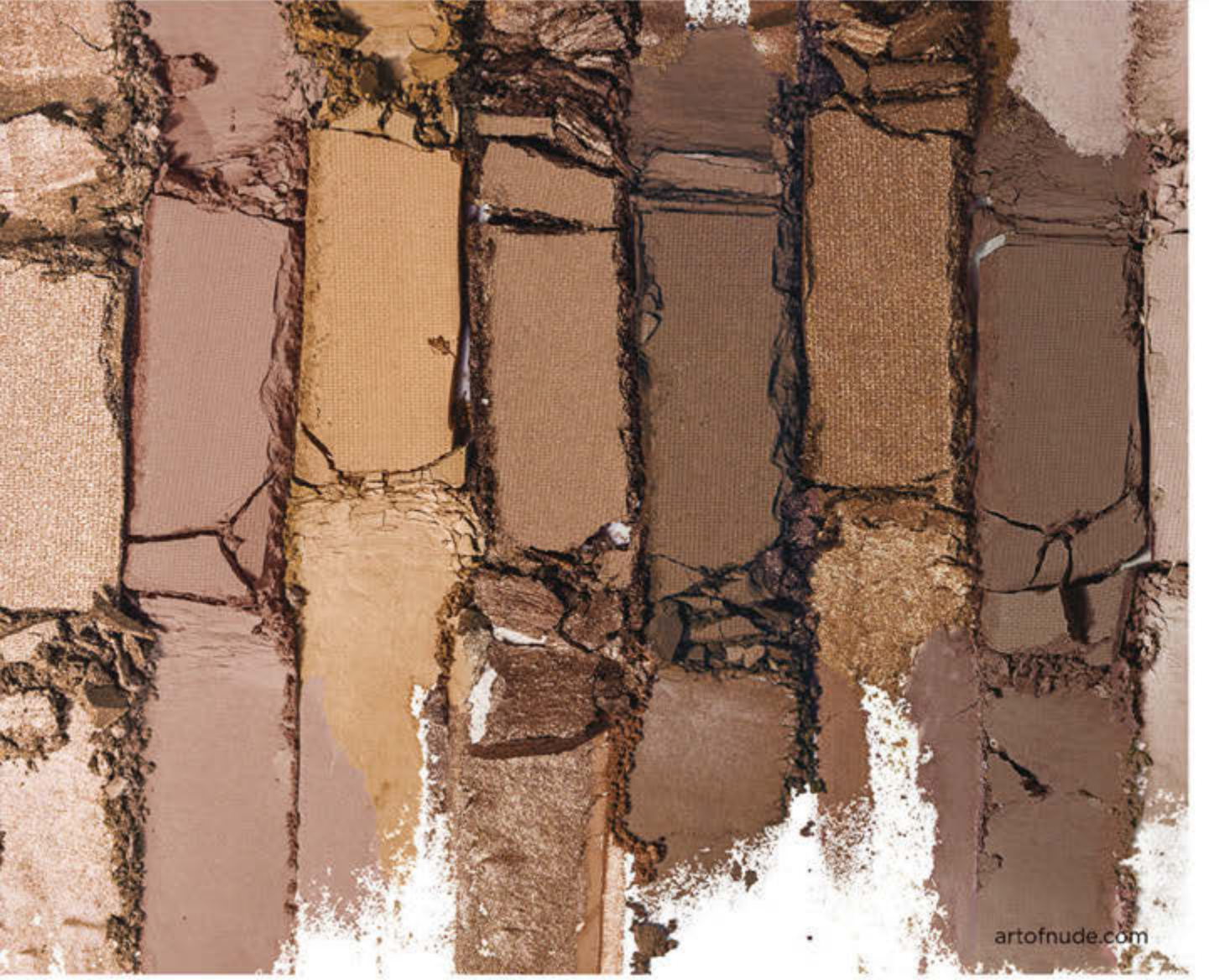

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Introducing Our College Winners!



# Meet the Future

The winners of *Glamour*'s 58th annual Top 10 College Women Competition are poised to take on the world. And like other alums (hey, Martha Stewart, class of 1961), you're going to remember their names. By Abbe Wright



**On the Rise**
Our winners, from far left: Olivia Pavco-Giaccia, Lily Herman, Meghan Warner, Vanessa Alejandro, Divya Ramamoorthy (seated on floor), Mariah Stackhouse, Shree Bose, Nicole Acton, Elizabeth Brajevich, and Mansi Prakash, photographed at the Standard East Village in New York City

Photographs by **Justin Coit**

**continued** on next page



# This Golf Prodigy Tied Tiger

Mariah Stackhouse, 21

*Stanford University*
Communication major

Stackhouse was two years old when she began following her father to the driving range; it didn't take long for her to pick up clubs of her own. At six she started competing; by 14 she was the youngest winner of the Georgia Women's Amateur Championship in stroke play. The victories didn't stop there: Stackhouse has competed at the U.S. Open twice, and last year she led the U.S. to victory as the first African American player in the Curtis Cup, a biennial matchup among the U.S., Great Britain, and Ireland. She's on the links at Stanford too, where she has set scoring records (tying Tiger Woods) and played with Condoleezza Rice ("We didn't keep score," Stackhouse says, laughing). The public-speaking pro (her pregame speeches motivate her teammates) hopes to pursue a career in broadcast journalism; for now she has her sights on the LPGA: "Preparing myself to play on tour with the world's best women is my driving focus every day."

WE TEAMED HER WITH: *Glamour* introduced all our winners to mentors in their respective fields. Stackhouse spoke to pro golfer Stacy Lewis, who told her to surround herself with people she trusts: "They'll tell you the good *and* the bad. We all need that."

# She's Turning Kids Into Eco-Warriors

Vanessa Alejandro, 22

*University of Houston Honors College*
Geology major

Alejandro grew up catching crayfish in Pearland, Texas, but when she went to the University of Houston, she realized local children couldn't safely explore like she once did. In fact, they could better identify gang colors than native Texas animals. So she cofounded Warriors of the Wild, a nonprofit that teaches inner-city kids about science and the environment. Today Alejandro and her team of 14 volunteers have educated more than 4,000 students via field trips and skits (starring a bird named Jack Sparrow).

Then, in 2012, she faced a very personal setback: thyroid cancer. But rather than let it slow her down, she got her next big idea while undergoing radioactive iodine therapy—a plan to build a community playground that would be an outdoor "exploratorium" for schools without lab equipment. Now cancer-free for nearly two years, Alejandro draws energy from the invincible feeling she gets on tough hikes. "My dream is to help villages, towns, even countries grow in an environmentally sustainable way. In other words, to be the next Jane Goodall!"

WE TEAMED HER WITH: Annie Leonard, executive director of Greenpeace, who offered this: "Find a workplace where your ideals are welcome. And call us when you graduate!"



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Bose in New York City and, below, shaking the President's hand at the White House



BOSE WITH OBAMA: MARY F. CALVERT/MCT VIA GETTY IMAGES

# Can't Code? She'll Teach You

Shree Bose, 21

*Harvard University*
Molecular and cellular biology major

Bose credits her older brother—and their toy microscope—for igniting her passion for science: "It showed me things beyond what my eyes could see," she says. From there Bose studied ovarian cancer cells in high school; at 17 she presented her research at Google's Science Fair and won, earning a meeting with President Obama, right. ("The President said he was impressed by *me*!") At Harvard she realized no toy sparked early interest in tech the way the toy microscope had inspired her, so she cocreated Piper, a build-it-yourself computer that teaches programming through the kid-friendly game Minecraft. Bose raised $100,000 on Kickstarter in only five days, which has allowed her to pilot Piper in schools from Atlanta to India. "I want to show the world how cool science is—basically, to be the Oprah of science!"

"You can change the world—no matter where you start from."
—*Shree Bose*

WE TEAMED HER WITH: Holly Gordon, cofounder of girls' education campaign Girl Rising, who told her: "Be patient with yourself and your idea. And listen to your gut. If it doesn't feel right, don't do it."



# She's Helped 600,000 Teens Find the Right College

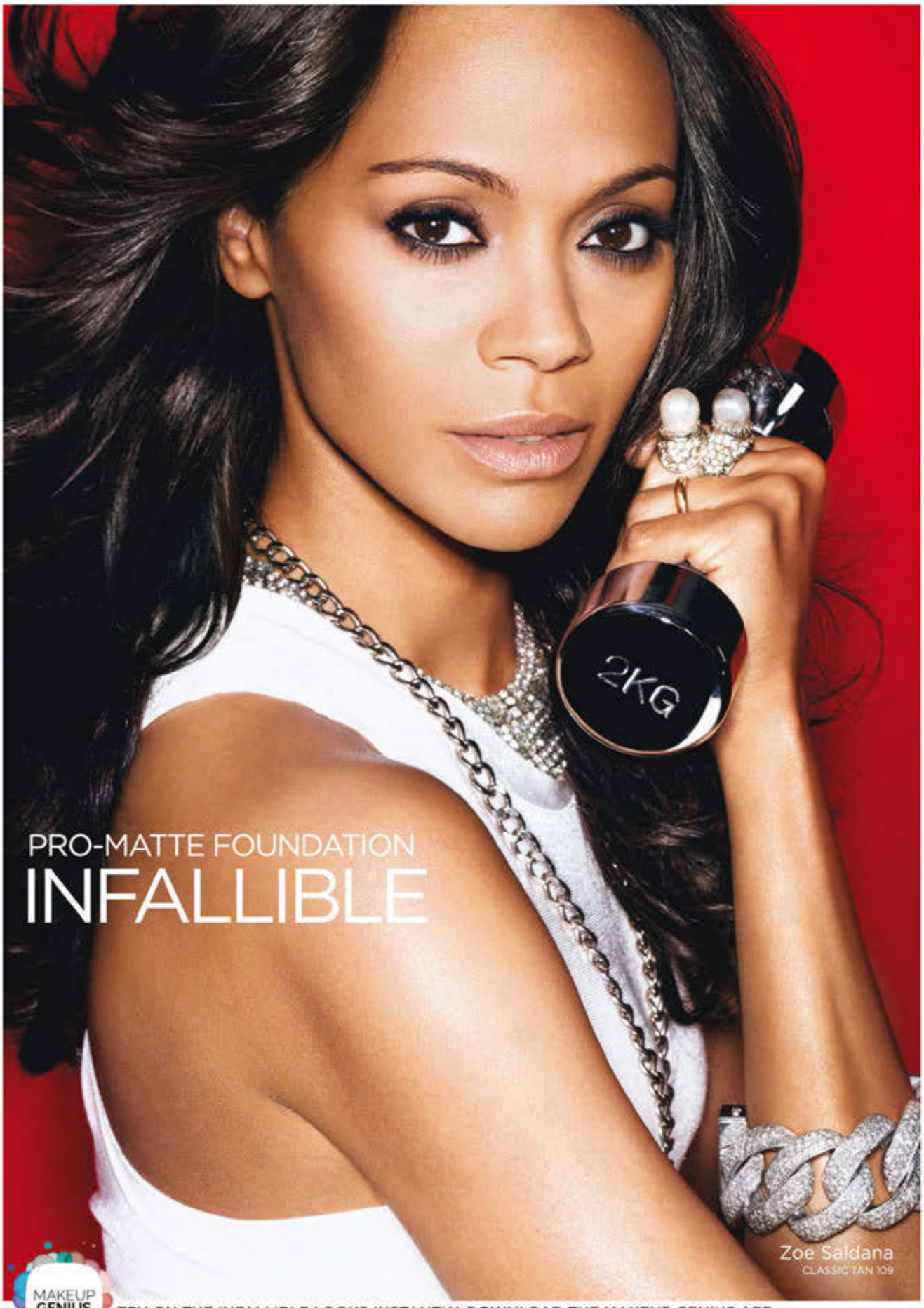
Lily Herman, 21

*Wesleyan University*
Government and sociology major

How'd a Jacksonville, Florida, resident find Wesleyan University, in Connecticut? "My mom researched schools with me," says Herman. "But lots of kids, especially first-generation and international students, don't have that kind of help." Guidance counselors rarely fill the void: "Public high schools average 471 students to one counselor," she says. So, during late nights fueled by Sour Patch Kids, she cofounded theprospect.net, a free site that's been used by roughly 600,000 students and offers the lowdown on the admissions process. "A student with non-English-speaking parents emailed me, 'I got into Princeton, thanks to The Prospect!'" she says. "That was as exciting as my own acceptance letter."

WE TEAMED HER WITH: Rachel Sklar, cofounder of networking site theli.st. Sklar's advice for her (and us!): "Fear is not a reason to *not* do something."

**continued** on page 166




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# She's Fighting for the Planet

Elizabeth Brajevich, 20

*Michigan State University Honors College*
Environmental economics and policy major

Brajevich is a resident adviser with a near-perfect GPA, but under her bed? A tub of worms. Don't be alarmed: She's the founder of Worms Eat My Garbage, a campuswide composting initiative. Brajevich first got the idea from *Ranger Rick* magazine; "I convinced my grandma to fund my inaugural order," she says. MSU, however, was harder to win over. But thanks to grassroots support ("PEACE, LOVE, WORMS stickers are everywhere"), students now compost coffee grounds and apple cores in their rooms, and the soil helps grow produce for MSU's cafeterias. "I think of myself as a bit Mother Teresa, a lot Erin Brockovich," she says. "I hope our instinct is to send waste to worms, not landfills."
WE TEAMED HER WITH: Eco-activist Laurie David, who said: "Pick an issue and direct all your energy toward it."





Prakash in NYC. Below, making the switch in a home in India.



# Her Mission: To Light Up Every Home

Mansi Prakash, 20

*New York University*
Economics major

While visiting her grandparents in India in 2010, Prakash saw villagers going without lights at night to save money. Their incandescent bulbs, though just 20 cents apiece, burned out quickly. So she went door-to-door to exchange eco-friendly CFL bulbs for their older ones. While more expensive, CFL bulbs cut energy bills by as much as 80 percent. "That's money a family can spend on education or health care," she says. Four years later at NYU, Prakash founded the nonprofit Brighter Today and partnered with bulb manufacturer Philips, which donates bulbs and supports development of Prakash's next project, a solar panel prototype to bring light to homes without electricity. "I often think about a girl I met while installing bulbs," she says. "She longed to go to school, but her parents couldn't afford it. Once they started saving on their energy bill, they could. She is why I do this. It's *her* life I want to change."
WE TEAMED HER WITH: Warby Parker cofounder Dave Gilboa. His message: "When starting a company, establish your core values early. They will define everything."

## She's Our $20,000 Winner!

Prakash won *Glamour*'s top prize for her work helping families in India and the Philippines. "I want to invest this money to help light thousands of homes in villages in more rural communities," she says.



# For Victims, She's a Voice

Meghan Warner, 21

*University of California Berkeley*
Sociology major

Warner's passion stems from a personal trauma: In 2013 she was sexually assaulted at a fraternity party. "I decided not to report it," she says. "I didn't know how—when I looked at the university resources, it seemed so complicated and in favor of supposed perpetrators." Last year she joined a federal complaint against UC Berkeley that alleged that the school mishandled sexual assault cases. And today, as director of Berkeley's sexual assault commission, Warner has helped make a difference; the school has hired an advocate for survivors. "I want to be the modern Gloria Steinem—spreading the necessity for consent and justice," she says.
WE TEAMED HER WITH: Senator Claire McCaskill (D–Mo.), who had these words for pursuing *any* goal: "I wish I hadn't been so worried about what other people thought. Strength in the face of insecurity will always prevail."

PRAKASH IN INDIA: COURTESY OF BRIGHTER TODAY

**continued** on next page







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## Medical Miracles Start Here

Divya Ramamoorthy, 20

*University of Texas at Austin*
Biomedical engineering major

What if it were possible to regrow an organ—specifically a heart, since heart disease patients may have to wait years for a transplant? That question has shaped Ramamoorthy's work in the lab at UT Austin. "By manipulating cells using things like magnets, I'm investigating how to produce a living network of heart cells," she says. It's slow work ("We fail over and over"), but Ramamoorthy and the research team have seen cells beat together. "When I showed the video to my family," she says, "they finally understood what I was doing."
WE PAIRED HER WITH: U.S. Surgeon General Vivek Murthy, M.D., who said: "I began my first nonprofit at 17. I learned you're never too young or too old to create change."

## Her Plays Get Everyone Talking

Nicole Acton, 21

*Knox College*
Creative writing and theater major

With few playmates in her rural Michigan hometown, Acton had to dream up her own. "When my brother was finally old enough, I put a wig on him and recruited him into scenes," she says. By age 10 she was writing those scenes down; by high school she was staging three-act plays. Acton's scripts, on subjects like school shootings and same-sex relationships in 1960s Mississippi, have won three national competitions; her play *War* debuted in New York City in 2014. Acton's goal? "I hope to be a Broadway playwright or director, creating plays that impact society."
WE TEAMED HER WITH: Pulitzer Prize–winning playwright Quiara Alegría Hudes, who said: "A professor once told me, 'Find your fellow travelers.' In 20 years those peers will be leaders in your field."





Pavco-Giaccia in one of her LabCandy coats. Below, goggles and a book from the line.

## She Gives STEM a Little Sparkle

Olivia Pavco-Giaccia, 20

*Yale University*
Cognitive science major

In 2011 Pavco-Giaccia was interning at a Stanford lab, waiting for an experiment's results. "I glued rhinestones around my goggles and included them in a blog post about lab safety," she says. Soon, she was flooded with comments from girls who wanted a pair. So she launched LabCandy, which sells brightly colored lab coats and bedazzled goggles along with a storybook about a female scientist and sample experiments to try at home. "It's not about the sparkles," she says. "I want to show scientists come in all stripes; they're not just old men in white coats." Her dream? To work with the White House Council on Women and Girls.
WE TEAMED HER WITH: Debbie Sterling, founder of GoldieBlox, who urged Pavco-Giaccia to be bold: "Sharing my passion took my idea to the next level."

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# How to Get Taken Seriously

Quick, practical, see-me-as-a-pro career strategies from Dana Perino, cohost of Fox News' *The Five* and a former White House press secretary



As for networking? "Each month send handwritten notes to five people you want to stay connected to," says Perino. That tactic helped her land her first job in George W. Bush's administration.

I was the first (and so far the only) Republican woman to be the White House press secretary, a distinction that has made me proud. But before my first press briefing, on September 17, 2007, I was a bundle of nerves. I got a call from Margaret Spellings, then U.S. secretary of education, who had been a mentor and friend; she wanted to know how I was doing. "Actually, I'm pretty nervous," I said.

Her response: "Put your big-girl panties on and deal with it!" She was right. And so I did just that, again and again for over a year, against a backdrop of war, mass shootings, terror threats, natural disasters, and other crises. I loved it and knew I'd worked hard to earn my place at the front of the room.

How can *you* lay the groundwork for the job of your dreams—and keep everyone's respect once you get it? Here are a few basics, shared in the spirit of solidarity!

### Don't Wear Ugg Boots to the Office

You have to dress for the job you want, not the job you have. Now, I love my Uggs when I'm out for a stroll with my dog. But they make you look like you're shuffling, which says, "I can't be bothered." *Not* the right message at work. Consider: A lawyer friend got picked to argue her first case because she was the only one wearing a suit when there was an emergency at the courthouse. When it's your turn to shine, do you really want to be wearing slippers?

### Write Better Emails

Go easy on the exclamation points and emoji—your boss doesn't need to be prompted to smile. And remember: New topic equals new email chain and new subject line. This can help people easily find previous messages when they're needed. Also, keep emails spare and specific by using bullet points and intuitive titles such as "Friday's Delivery Issue: Solved."

### Find Your Strong Voice

Behind your chest bone at the top of your diaphragm is a little power center. You turn on the power center by taking a breath and tightening your core as if someone were about to punch you. Speak from *there*. This exercise helps me make whatever I say more convincing.

### Know When to Zip It

Former Vice President Dick Cheney liked to say, "You never get in trouble for something you didn't say." Exactly! Sometimes listening can be even more valuable than talking.

### Make Time for the Important People

The then White House communications director Nicolle Wallace and I were once in a meeting when she saw me ignore a call from my husband. She said, "Do you want to take it?" I said, "No, it's just Peter. I'll call him back." I've never forgotten her advice: "Always take your spouse's calls." Sometimes your loved ones may take a backseat, but they can't stay there for long.

### Don't Dwell

When I was a deputy press secretary, I got caught in the cross fire of a miscommunication about an interview between President Bush and communications director Dan Bartlett. During a tense moment the President pointed at me and said, "*She* doesn't need to be here." I slunk out of the Oval Office mortified, and I had a hard time shaking the feeling. But when I later asked the President if he remembered how mad he'd been, he had no idea. He said, "Dana, you have to let that one go." I did, which made space in my head for more productive thinking.

### Be a Schedule Warrior

One of my pet peeves is hearing people brag about how busy they are. I finally realized there's only one person who can help me keep a decent schedule, and that's me. I've learned to say no to requests and not feel bad about it, and every day I make time for an exercise class where no cell phones are allowed. That's when I recharge. Instead of complaining about how busy I am, I now say, "I've found really good balance." That shocks people! I say it even if I don't feel that way, but it's becoming more believable—even to me. G

*Adapted from the book* And the Good News Is... *by Dana Perino.*

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–Tricia, MO






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# This Beauty Mogul Did It Her Way

She shook up the posh cosmetics industry by selling her wares on QVC. Now Leslie Blodgett, the executive chairman of Bare Escentuals, tells *Glamour*'s Cindi Leive the secrets of her ballsiness.



Blodgett, near left, with Leive, at her store in NYC's SoHo neighborhood

You've got to hand it to Leslie Blodgett: The woman has *guts*. She single-handedly made the mineral-makeup trend a thing, and she did it in what was, back in the mid-nineties, the least fashionable way possible, shilling the products herself on QVC. Today Bare Escentuals—sold to Shiseido in 2010 for nearly $1.7 billion—is an empire, with Blodgett its face. So she knows a thing or two about proving the doubters wrong! I sat down with Blodgett, 52, at Bare's flagship store in New York City to grill her for her career-confidence strategies.

**CINDI LEIVE:** I heard that early on, when you wanted a job at Bloomingdale's, you parked yourself outside the buying office and demanded one.

**LESLIE BLODGETT:** I had time on my hands, 'cause I didn't have a job!

**CL:** Why did you want *that* job?

**LB:** Bloomingdale's was "America's Greatest Store on Earth," and the cosmetics department was a fantasy for someone who loved the beauty industry.

**CL:** You've said your mother didn't wear makeup. Neither did mine! So how did you get the cosmetics bug?

**LB:** Television [was] a huge part of my life. I watched the sitcoms, *I Dream of Jeannie,* these beautiful women. I always liked the idea of blending beauty and brains. At first I wanted to work for Christian Dior at Gimbels [the now defunct department store], but they looked down at me.

**CL:** Why, do you think?

**LB:** I didn't look the part. And that whole thing pisses me off, "not looking the part." Like, "You don't know me. I could be *good* at this!" If they'd seen my enthusiasm—

**CL:** Maybe Gimbels would still be in business.

**LB:** Yeah, exactly! [*Laughs.*]

**CL:** You had an earlier cosmetics-sales job you *didn't* like.

**LB:** I just felt bad for the women who came in. They weren't necessarily interested in buying the things they were told to buy, and they were bullied into it.... That developed my theory on how to treat people in retail.... For me it's never been about the sales numbers.

**CL:** When you got the gig as CEO of Bare, it was not necessarily a plum job. The company was close to bankruptcy.

**LB:** It was one of the riskiest moves I've ever made. I was the breadwinner. I had a baby at home. My husband doesn't work.... It's not like I thought, I can turn this around. It was more the idea of making my own decisions and not reporting to anyone. But stress came when the sales weren't moving.

**CL:** You got the idea for QVC because you were up late, worrying and watching TV?

**LB:** Yeah! I felt like the host was talking to *me*. So I filled out the

LEIVE AND BLODGETT: **MICHAEL EDWARDS.** ON LEIVE: JASON WU DRESS

**continued** on next page

# Saving People Money Since 1936

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application [to go on QVC]. I just assumed no one I knew was going to watch.... [But] I knew what I was going to talk about—the [mineral] products. People were wearing liquid foundation, but they were going to the dermatologist every month. There was something not right!...I knew there was nothing in BareMinerals to harm the skin.

**CL:** How did that first day go?

**LB:** We sold out! If I'd had the cash, I could have taken out print ads [instead of doing QVC], but I would never have gotten the essence of the story right. The voice of the brand became the girlfriend voice.

**CL:** What have been some other landmark moments?

**LB:** In 2005 we needed retail distribution. We had an infomercial, but infomercial brands weren't sold in prestige areas. [There was] a snob factor. Sephora [headquarters] was across the street, but I couldn't get a meeting. Finally I rented a white limo with flowers and took the buyers to one of our boutiques and did make-unders. So then the CEO was open-minded.

**CL:** Shiseido insisted you remain the face of the brand. Is that important to you?

**LB:** I'm so attached to this company I feel like we're one and the same! My son was under two when I [got] here; now he's 22. It's part of his life too.

**CL:** How did you and your husband decide he'd be the one to stay home?

**LB:** It was '92. [We said,] "Let's one of us pick." I was the one with a job. I'm not saying it was easy. *He* was cool; I often wasn't the nicest. When I was having a bad day, I was like, "Why don't you go to work?" My advice to women is, constantly check in with your spouse. It's not a decision you make and everything's perfect. Guys will say to him, "You're so lucky you can stay home and play with the kid." He's like, "*That's* what you think I'm doing?" So it's regularly communicating.

**CL:** *The New York Times* called you the most significant female influence on the beauty industry since Estée Lauder. Are you proud of that?

**LB:** I met Estée Lauder at Bloomingdale's. I had stars in my eyes! ...As I look back, I do think we helped shape the industry to where it is today. We were the first social brand, my being a part of the conversation instead of starting it.

**CL:** You have a no-Photoshopping campaign on Instagram.

**LB:** The industry does [women] a disservice. If you're selling a wrinkle cream, it's not fair to wipe away a model's wrinkles [in an ad]. I just don't want women to feel bad.

**CL:** You have these beautiful photos of your employees up on the store wall [see them on page 174]. How do you create a workplace where people feel so looked after?

**LB:** It's just being an approachable leader, getting to know people—no judgment.

**CL:** One situation where you *do* have to make judgments is a job interview. What do you ask?

**LB:** I push buttons: "Tell me about something that didn't go well for you." I get the P.C. answer, then I dig. How do they handle being uncomfortable?

**CL:** You and your sister did a TED talk about your strained relationship. Was that hard?

**LB:** I'd created this sisterhood at work, [yet] I had a sister I didn't talk to. We were close growing up, but we remembered all the horrible little things along the way. All that happened in the past, we have to leave it there. So 2015 is huge. I have my sister. In May—

**CL:** The BareMinerals brand celebrates 20 years—

**LB:** Twenty years. There's so much to celebrate! You have to choose where you spend your time, and be around people who support you.

**CL:** What about at work? You can't choose your cubemate....

**LB:** You have to create joy. If you don't look forward to going to work, make changes. Whether it's confronting an issue or finding ways to make your job better, you can do that. It's not out of your reach.

> "You have to create joy. If you don't look forward to going to work, make changes."



Blodgett at home with son Trent, left, and husband Keith

## Secrets of the Office Master

Let's quiz the beauty magnate!

### What's your daily routine?

"I work out every morning. Body strength equals emotional strength. And I go to bed early!"

### Any go-to public-speaking tips?

"John Lennon said something like, If you don't feel sick every time you perform, you have to quit. I was sick for the first seven years of going on TV. It's the adrenaline—I have to be in the moment."

### Where do you get your confidence?

"I call it the two yous. Everyone has two people living inside of them: the introvert and the extrovert. One voice says, 'You can do it,' and another voice says, 'I'm not sure.' For me, being as informed as possible about other industries and people, and just knowing what's going on in the world, gets that second voice to shut up."

.com Watch other interviews in the Step Into My Office series at **video.glamour.com.**

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Edited by Jane Keltner de Valle



# Best. Night. Ever.

Invite your most deserving friends over, and serve them these crowd-pleasing hangout recipes from star chef Christina Tosi. Party Nachos, anyone? By Emily Holt

I stank at sleepovers as a kid. I didn't like scary movies, and I always woke up too early. When I admit this to Christina Tosi, the wildly imaginative founder of the Milk Bar bakeries (a spin-off of David Chang's Momofuku), inventor of the super-addictive, much-praised Crack Pie, and enthusiastic slumber-party hostess, she says, "I totally understand that. I was the hugest dork growing up." These days the 33-year-old Virginia native is one of the most in-demand food personalities in the country, with friends and fans including Karlie Kloss and Aziz Ansari.

She's also releasing her second cookbook, *Milk Bar Life,* a personal follow-up to the more dessert-driven *Momofuku Milk Bar.* Her new book is a collection of sweet and savory dishes Tosi likes to make and serve off the clock, and it's a reflection of her playful worldview. "We never want to grow up," she says, speaking for herself and her Milk Bar crew. "We're serious when it makes a difference, but we're ridiculous when it doesn't."

To celebrate, Tosi (who films *MasterChef* and *MasterChef Junior* in Los Angeles) invited over three former Milk Bar bakers—Marian Mar, Leslie Behrens, and Courtney McBroom—for a girls' night. On the menu: Party Nachos, Kimcheez-Its with Blue Cheese Dip, Blue Cheese Pretzels, a boozy Mango Drink, and Greta Sugar Cookie Squares, named for Tosi's mother. (Find the recipes here and on glamour.com.) They're perfect for a slumber party—or a brunch, a casual dinner party, or a late-night supper. Read her tricks of the trade here:

### Her Essential Kitchen Tools

Tosi recommends having on hand four pieces of equipment, at minimum: a toaster oven ("You can bake in it, and you can definitely make Party Nachos in it"); a slow cooker or a microwave, for warming up snacks; a wooden spoon, for mixing cookie batter; and a sharp knife ("It makes everything coming out of your kitchen look super professional"). Anything else is icing. "Limitation breeds creativity," she says. "The giggles and bonding come when you're like, 'OK, I have this amazing recipe from this amazing chef, and it says we need X, Y, and Z. We have none of those things, so how can we make do with what we've got?'" To her point, everything she and her friends whip up could be made with those four tools.

**All Hands On Deck** Tosi, center, believes in bonding over baking. Here she prepares her Greta Sugar Cookie Squares with friends Behrens, left, and Mar. All clothing, **Band of Outsiders**

**continued** on next page

Photographs by Justin Coit

## Spiked Mango Drink

Who could say no to grown-up punch? Not us!

2 cups mango sorbet
2 cups club soda or tonic water
6 oz. vodka or gin
10 fresh mint or cilantro leaves

Combine the ingredients in a blender; blend until smooth. Serves 2.



**Backyard Party**
Set the mood for outdoor festivities with garden lights, portable speakers, and a citronella candle that'll keep bugs at bay.



**Cheers!**
For more color and flavor, garnish each glass with a mint sprig before serving.

**#FoodPorn**
One of the Party Nachos' secret ingredients? Fritos Scoops.



## Party Nachos

This crowd favorite is packed with three types of cheese.

1 bag (13 oz.) tortilla chips
1 bag (10.5 oz.) Fritos Scoops
2 cups shredded Monterey Jack
2 cups shredded sharp cheddar
2 cups grated cotija cheese
1 can (16 oz.) refried beans
1 can (16 oz.) black beans
½ lb. ground meat, cooked with a packet of taco seasoning (follow directions on the seasoning packet)
1 poblano pepper, cut into thin strips
1 medium Spanish onion, chopped
1 jar (16 oz.) taco sauce
1½ cups tomato salsa
2 cups sour cream
1 jar (12 oz.) pickled jalapeños, sliced
6 scallions, sliced
1 cup fresh corn kernels, cut from 2 ears
2 avocados, sliced
1 cup fresh cilantro leaves

1. Preheat the broiler.
2. Evenly distribute chips and Scoops on a baking sheet. Sprinkle with cheeses. Add beans, meat, poblano, and onion.
3. Broil until cheese melts, 3 to 5 minutes.
4. Top with taco sauce, salsa, sour cream, jalapeños, scallions, corn, avocados, and cilantro. Serve immediately. Serves 6.

### A Menu for Any Occasion

Tosi suggests making an equal number of sweet and savory dishes for a girls' night in. "You have to be able to read the crowd," she says. For late-night munchies, she likes Party Nachos; the next morning she transforms leftovers into a Tex-Mex breakfast casserole by adding eggs, sausage, cottage cheese, milk, and cheese, then baking.

A special celebration warrants rib eyes, fresh popovers, and creamed spinach, Tosi says. But cooking well doesn't mean cooking complicatedly. One of her favorite dishes to prepare is a beef roast with gravy that calls for four ingredients: condensed cream of mushroom soup, dried onion soup mix, canned tomato sauce, and beef brisket. She just stirs together the first three components in a baking dish, adds the brisket, coats it with the mixture, and covers it loosely with aluminum foil before roasting it for two and a half to three hours. (And yes, the recipe is featured in her new book.)

### Her Baking Secrets

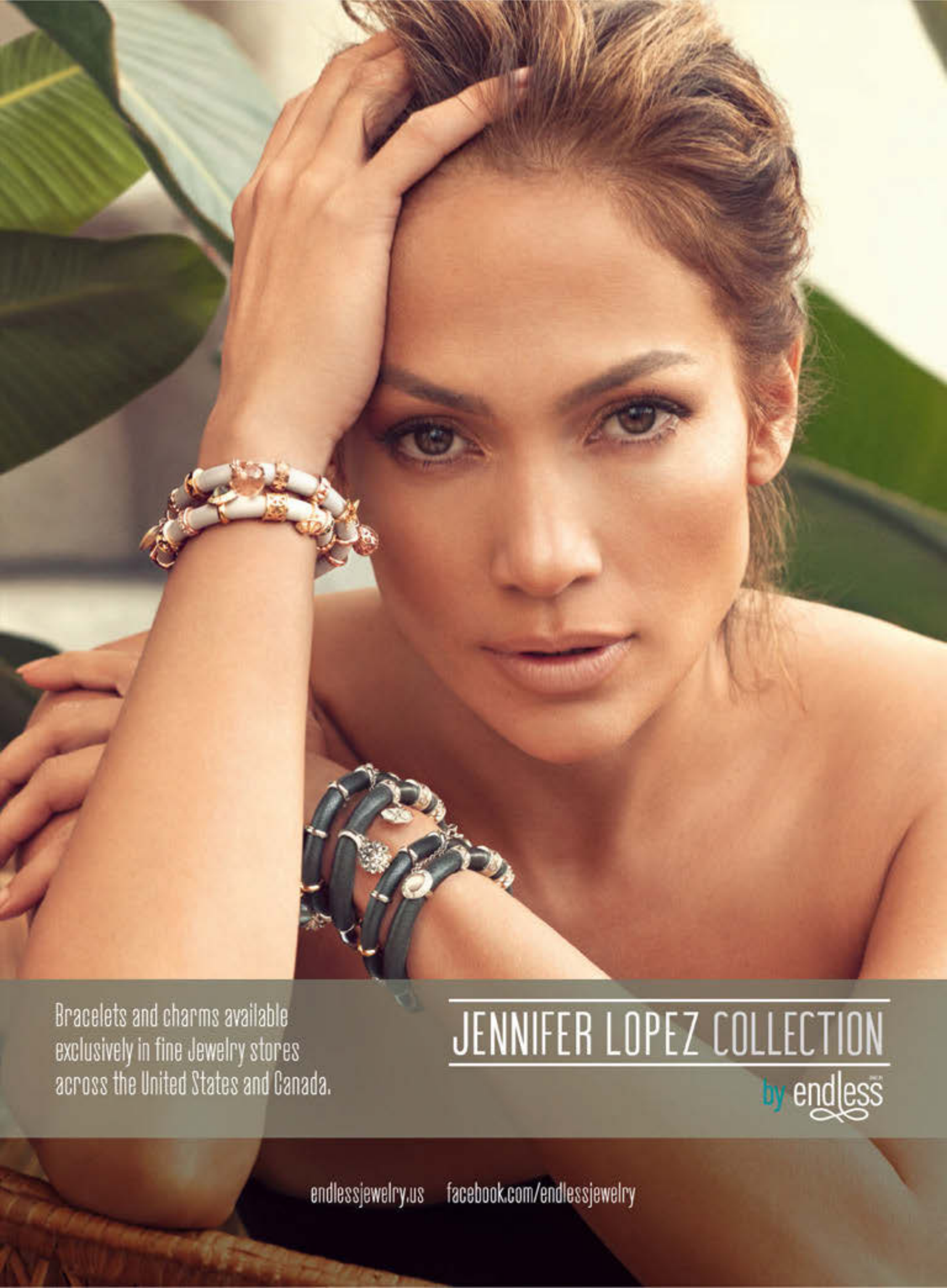
Like any good Milk Bar cookbook, this one includes plenty of cookie recipes. If you're baking with guests—a great slumber-party activity—Tosi advocates mixing the dough ahead of time and freezing it until you're ready to bake. (Add a tablespoon or two of nonfat-milk powder to any batter to enrich flavor and chewiness.) Tosi also offers a tip, from her grandma, for storage: "Stick a slice of bread in an airtight container with your cookies to keep them fresh for up to five days."

### The Inevitable Cleanup

Whether it's a sleepover or a Sunday lunch, the same rule applies: "Send everyone home with leftovers," Tosi advises. As for dishes, if you don't have the energy for soaping up your good china, go with disposable. Says Tosi: "There's no shame in using compostable plates and trash-bagging it like you had a frat party. It's got to be easy."

**Tablet Bonus!** Tosi talks about the power of taking risks, in our exclusive video. Watch it in our digital edition—download it now from your device's app store.

STYLIST: JESSICA DE RUITER FOR THE WALL GROUP; HAIR: YIOTIS PANAYIOTOU; MAKEUP: GEOFFREY RODRIGUEZ. FOOD STYLIST: REBECCA FARR; PROP STYLIST: DAVID BROWNE. SEE GLAMOUR SHOPPER FOR MORE INFORMATION


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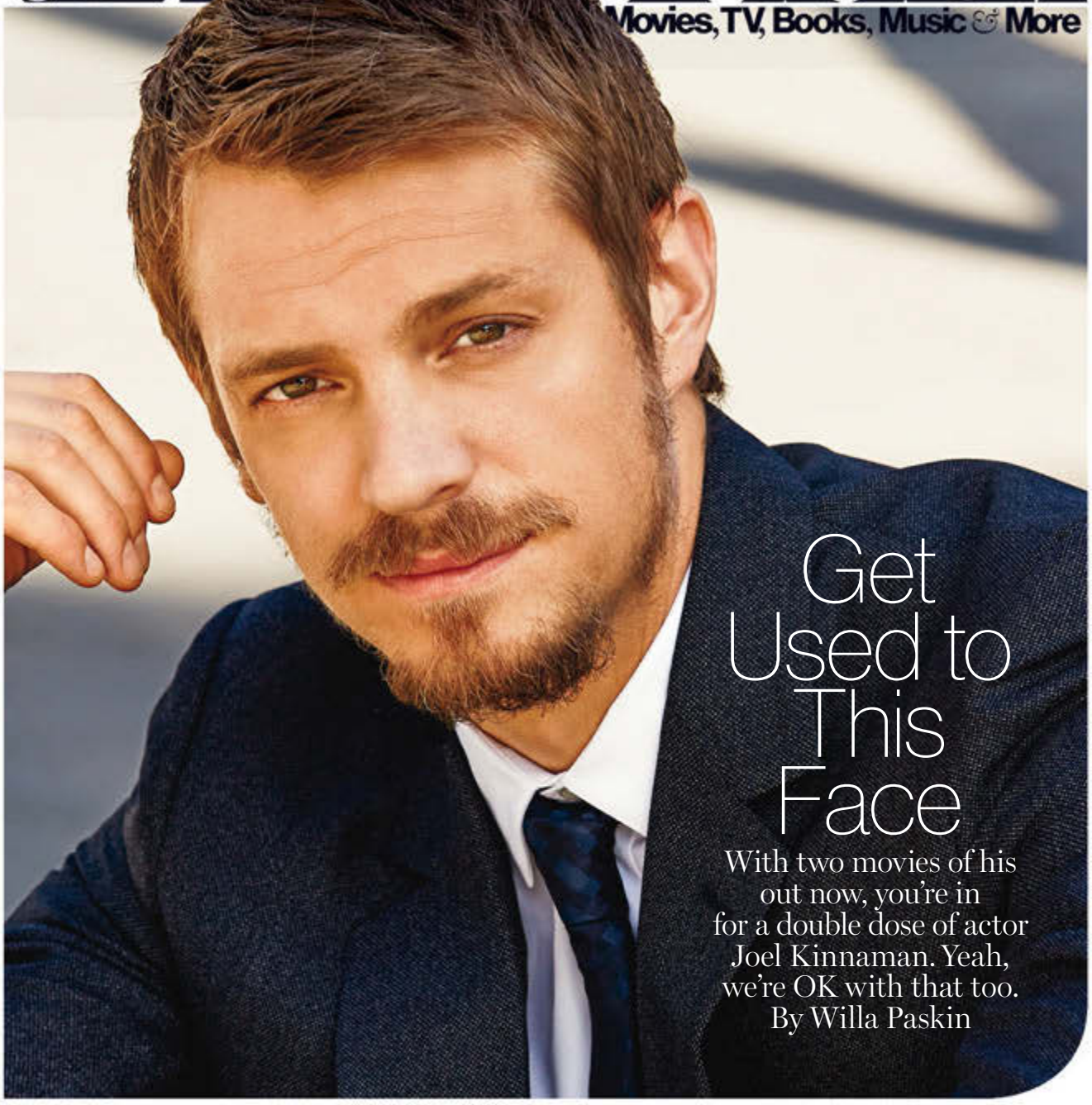
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# Get Used to This Face

With two movies of his out now, you're in for a double dose of actor Joel Kinnaman. Yeah, we're OK with that too. By Willa Paskin

TIMOTHY WHITE

At 6'2", Joel Kinnaman, 35, is a tall drink of water. The Swedish import speaks with a perfect American accent, has solved brutal crimes as a detective in the AMC series *The Killing*, rebooted *RoboCop*, and dallied offscreen with Olivia Munn. This month you can see him as a Soviet agent in the period thriller *Child 44* and as an action hero alongside Liam Neeson in *Run All Night*. But even with movie-star status, he'll tell you all about his Shakespeare-tattoo mistake.

**GLAMOUR:** You have two films out this month; would you consider doing TV again?

**JOEL KINNAMAN:** After four seasons of *The Killing*, I think it's gonna be a little while until I go back to TV. I am quite restless, and it takes a lot of patience to stay with one character for such a long time, even though it's really rewarding.

**GLAMOUR:** You were raised with five sisters. Does that give you better insight into women?

**JK:** I think some guys are born into an environment where you don't take what a woman says as seriously as when a man says it. That always seemed really strange to me. I'm used to being around strong women.

**GLAMOUR:** We hear you have a tattoo from Shakespeare's *The Tempest*....

**JK:** Yeah, it's in Swedish, but in English the quote is "We are such stuff as dreams are made on, and our little life is rounded with a sleep." I was kind of hungover when I got it, so I put *dream* instead of *sleep*.

**GLAMOUR:** That's hilarious. What would you do if you weren't acting?

**JK:** Acting was the first thing I felt I might be good at, and that was a great feeling. I didn't have anything else to make me feel that way. I have no idea what else I would do. I really hit the jackpot.

# Cheers to Spring's Heroines!

Need a reason to spend time in the dark with popcorn? Look no further: These films lead the way with awesome female-driven stories. By Megan Angelo



## Spy

Nobody does mouthy misfit like Melissa McCarthy. So lucky us: When the CIA needs an unknown to destroy a bomb, they tap her desk-agent character. This comedy from writer-director Paul Feig and costarring Rose Byrne had us laughing as much as *Bridesmaids* did.



## Hot Pursuit

Reese Witherspoon returns to comedy as the cop protecting Sofía Vergara, the widow of a drug kingpin turned informant. The women have irresistible chemistry, and filming was clearly a blast (wait for the bloopers!).



## Bessie

As 1920s and '30s blues siren Bessie Smith in this HBO biopic, Queen Latifah gives a performance that's all pain, beauty, and bravery—with a side of moonshine. Mo'Nique costars; the clothes are great eye candy too.



## Woman in Gold

Helen Mirren, as a World War II refugee searching for a precious family painting stolen by the Nazis, forges a surprisingly touching friendship with Ryan Reynolds, who plays her underdog lawyer. This one's based on a true story and gave us a seriously good cry.



## Aloha

In this dramedy by Cameron Crowe, Emma Stone is an Air Force liaison in Hawaii falling for Bradley Cooper, a cocky military contractor who's not over his ex, Rachel McAdams. Screenings have been on lockdown, but we repeat: Stone and McAdams together. Reason enough!



*The Woman Behind...*

## Amy Schumer's Every Move

Talent runs big in this family: Three years ago Amy Schumer begged sister Kim Caramele, 30, to come work for her. Then a school psychologist, Caramele wasn't sure about jumping to comedy—until her sister challenged her to write a mock sketch for *Inside Amy Schumer* (now in its third season). "Holy sh-t, you can do this!" Schumer said after reading it. With that affirmation, Caramele moved to New York to be her sister's assistant and later scored a spot in the show's writers' room. Now she's producing (alongside her sis and Judd Apatow) Schumer's big-screen summer debut, *Trainwreck*. Her tips on risk taking and proving yourself:

**On making a change:**
"I was a better school psychologist than a writer. It's easy to do what you've mastered. But that doesn't mean you can't start at a lower peg and work your way up to be great at a job you'd be happier doing."

**On her humble start:**
"I started as Amy's right hand and road manager. I'd pretend to be her so I could pick up prescriptions and order Seamless cookies at one in the morning."

**On seizing opportunity:**
"I have an insane urge to prove myself. Nepotism or luck can open a door, but the ability to stay in the room is based on your own merit."

**On working with family:**
"Amy's my best friend. Being honest with each other is key." —*Jessica Kantor*

SPY: LARRY HORRICKS/TWENTIETH CENTURY FOX. HOT PURSUIT: SAM EMERSON/WARNER BROS AND MGM PICTURES. BESSIE: FRANK MASI/HBO. WOMAN IN GOLD: ROBERT VIGLASKY/THE WEINSTEIN COMPANY. ALOHA: NEAL PRESTON/COLUMBIA PICTURES. CARAMELE AND SCHUMER: BRAD BARKET/GETTY IMAGES FOR COMEDY CENTRAL

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– EVA LONGORIA

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by *Glamour* TV columnist Megan Angelo, @meganangelo;
read her daily at glamour.com/entertainment



# Why Is TV So Down on Marriage?

News flash, execs—it's not all downhill after "I do." We swear.

Believe it or not, there was once a show about a monogamous couple living in Manhattan, now TV's acknowledged capital of singledom. The show was *Mad About You,* and at the time the effortlessly witty newlyweds Paul and Jamie were my favorite New York characters on TV. But they weren't the only ones making marriage look good: I grew up in the golden age of the committed sitcom couple. On *Full House,* Uncle Jesse and Becky had an amazing wedding—and afterward, he still jammed with The Rippers, and she still had her high-powered talk show job. Marriage looked awesome .

But these days, as someone who's been happily hitched for four years and counting, I have trouble finding my relationship counterparts on-screen. On FX there's *Married,* which follows a SoCal couple with three kids, crippling money worries, enough broken dreams to fill a minivan, and, of course, no sex. The wife and husband on HBO's *Togetherness* gaze at each other unhappily because of their passion-free life and unfulfilled goals. When it comes to love and marriage on Fox's *Empire,* it's all business. The couples on *The Affair* and *The Americans* are cordial to each other at best. And don't get me started on the husband and wife on USA's *Satisfaction*—she uses a male escort; he *became* one.

Should we return to the *Leave It to Beaver* households of yesteryear, all polite exchanges and perfect pot roasts? Of course not. I *do* relate to some aspects of marriage portrayed on TV—that *Marry Me* episode in which both parties secretly watch episodes of "their show"? Guilty. (My husband thinks we haven't started season seven of *Mad Men*. He's right: "We" haven't.) Sure, we fight—but the thing is, it doesn't happen every day. That's my problem with TV's tableau of constant bickering: It's only *part* of the reality. Where are the inside jokes, the romantic trips, or the hilarity that comes with having a baby? (It exists, I promise.) "On TV, marriage is usually something people need to be rescued from," says relationship expert Andrea Syrtash. "You rarely see passion, and there's not a lot of room for relationships that are good but need a little work."



**Happily Ever After?** Hip couples do exist...you just wouldn't know it from TV these days.

We're all familiar with how obsessed TV is with huge engagements and weddings, but when it comes to digging into that next step, it seems like the industry has cold feet. That really bums me out. Just because I have a ring on my finger doesn't mean my story is over. But writers appear to have trouble imagining what could be exciting about a person once she or he has chosen a mate for life.

That's where the team behind the camera should be a little braver. We need more TV duos like Phil and Claire on *Modern Family* and Bev and Murray on *The Goldbergs*—I'm a sucker for their good-humored bonds. Syrtash's pick for most heartening TV couple is one I never thought of but absolutely agree with: "They might be animated, but I think Peter and Lois on *Family Guy* have the best marriage on television," she says. "He thinks she's sexy, and she really cares about him. They actually seem happy." That's all I'm asking TV for: not perfect, just happy. No matter how much dirty laundry is piled up under the flat-screen.

## 5 Things I'm Loving This Month (and One I'm So Over)

**Best Coast's *California Nights***
Go immediately to whatever climate can handle a pool party right now, and blast this bouncy indie-pop album.

***Iris***
At 93, fashion icon Iris Apfel has a closet that puts Carrie Bradshaw's to shame. But her life wisdom is the best part of this documentary, in theaters now.

***The Folded Clock,* by Heidi Julavits**
In these essays, Julavits riffs on love, vintage shopping, and *The Bachelorette.* Just as irresistible as reading your sister's diary, without the guilt!

**Olga Kurylenko in *The Water Diviner***
The former Bond girl is mesmerizing as Russell Crowe's girlfriend in this WWI drama. I'm now ready to try a finger-wave hairstyle at work.

***9½ Narrow,* by Patricia Morrisroe**
This memoir, which chronicles the writer's life shoe by shoe, will have you reminiscing over your old Skechers.

**OVER IT:**
**Horror-Movie Damsels in Distress**
To *Insidious: Chapter 3* and the slasher genre in general: Your obsession with teenage-girl victims is getting weird.

EMPIRE: CHUCK HODES/FOX. MARRIED: PRASHANT GUPTA/FX. TOGETHERNESS: MELISSA MOSELEY/HBO



Illustration by Sean McCabe




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What's gorgeous now? Fresh new jumpsuits, beach-ready confidence, and, as always, standing up for a cause you believe in. All that—and the First Lady!—ahead.

BEACH, OBAMA: **PATRICK DEMARCHELIER.** MOTHERHOOD: **PAMELA HANSON.** KEOUGH: **MATT IRWIN.** ON KEOUGH: GUCCI COAT, DRESS. SEE GLAMOUR SHOPPER FOR MORE INFORMATION



**White Hot**
A white jumpsuit is a summer staple—just right with model Constance Jablonski's natural makeup and the season's must-have necklace style, a pendant. (See the story of her hair on page 34!)

**Club Monaco** jumpsuit, $269. **Céline** necklace, $520. Love her sun-kissed cheeks? Try **Estée Lauder** Bronze Goddess Illuminating Powder Gelée ($40, esteelauder.com).

# One-Piece Wonders

Day to night, work to play—jumpsuits have it all! Pick your perfect style here.

Photographs by **Gilles Bensimon** Fashion editor: **Jillian Davison**



**Bringing Sexy Back**
You'll make a memorable exit in a sleek jumpsuit with a sporty racer back.

**Narciso Rodriguez** jumpsuit. **Céline** belt, $455. **Camille K** cuff, $385. **Chanel** hat, $1,650. **Church's** sandals, $510.



**Crème de la Crème**
Cut a long, lean silhouette in a neutral jumpsuit paired with clean white heels.

**Céline** jumpsuit, belt, bag, shoes, $700.



**Practical Magic**
You've already got an LBD. Meet the equally versatile LBJ (with apologies to our former president, that's "little black jumpsuit"). Wear with a crisp white shirt during the day or with the barest tank at night.

**Mugler** jumpsuit. **The Row** shirt. **Patricia von Musulin** necklace worn as bracelet. **Church's** sandals, $510. Into her piecey bob? Try **Aveda** Brilliant Anti-Humectant Pomade ($22, aveda.com).

**Midas Touch**
Give black overalls a nautical twist with a white tank, a sailor cap, and gold shoes.

**Yohji Yamamoto** jumpsuit, cap, shoes. **Joie** tank top, $58. For supersmooth skin, try **Suave Professionals** Moroccan Infusion Dry Body Oil Spray ($7, at drugstores).





**Ground Control**
Add a dose of boyish charm to a wide-legged jumpsuit with a straw boater, espadrilles—and a pendant, again!

**BCBG Max Azria** jumpsuit, $448. **Eugenia Kim** hat, $300. **Patricia von Musulin** necklace, $2,000. **Alexander Wang** espadrilles, $375.



**Shore Club**
Easy, breezy—toss a fringed knit poncho over a jumpsuit.

**Sonia Rykiel** jumpsuit, cape. **Chanel** hat. **Esquivel** oxfords, $620.



**Go With the Flow**
A jumpsuit with sweeping pants is a chic alternative to a maxidress. Down-to-earth brogues complete the relaxed look.

**Kenzo** jumpsuit, $1,820. **Albertus Swanepoel** hat, $250. **Elsa Peretti for Tiffany & Co.** cuff, $500. **Alexander Wang** shoes, $375. **See Glamour Shopper for more information.** Model: Constance Jablonski at DNA; hair: David von Cannon for Streeters; makeup: Serge Hodonou for Frank Reps; production: Select Services.



**Stripe Hype**
Love to wear solids? Add some dimension with a patterned mini bag.

**Tory Burch** bag, $495.
**Dior** coat, rings.

# Carry On!

You've got your color-blocked summer look. Naturally, you'll want an unboring bag—or two—to go with it.

Photographs by **Victor Demarchelier** Stylist: **Laura Ferrara**



**Double-Bagging It**
When carrying two, coordinate hues and shapes. We're awfully into this burgundy.

**Dior** mini bag, $3,000.
**Valentino Garavani** satchel, $3,445.
**Loewe** sweater, pants.



**Off the Chain!**
Fashion fact: A graphic bag toughens up a ladylike dress.

**Proenza Schouler** bag, $1,840. **Marni** dress.

**Match Point**
Look instantly put together by matching the tones in your bags with those in your clothing.

**Chanel** bags. **Sportmax** sweater, $795. **Tibi** pants, $475. Want her defined brows? Try **CoverGirl** Bombshell Powder Brow + Liner in Medium Brown ($12, at drugstores).





**Color Theory**
The new black-and-white? Red-and-blue. *Très* chic!

**Etienne Aigner** mini bag, $395.
**Balenciaga** satchel, $2,075.
**Derek Lam** tunic, pants.
**Jill Stuart** turtleneck.

## Code Yellow

Seventies-inspired mustard and burnt orange are essentially neutrals now. They're especially sharp with white, khaki, or black.

**Prada** bag. **Calvin Klein Collection** collarless shirt, $895. **Balenciaga** collared shirt (worn underneath), $965. **H&M** skirt, $50. For more bags, check out The Glam (page 228). To get her tousled texture, try **John Frieda** Beach Blonde Sea Waves Spray ($10, at drugstores). **See Glamour Shopper for more information.** Model: Shannan Click at Women; hair: Ward for The Wall Group; makeup: Justine Purdue for Tim Howard Management; manicure: Gina Edwards for Chanel; set design: Anthony Asaro for UtopiaNYC.





**Supporter-in-Chief**
"Most of what these men and women need," says Mrs. Obama, "is people in their backyard lending a helping hand."

# “These women need us to have their backs”

First Lady Michelle Obama has long advocated for our country’s veterans. Now in a *Glamour* exclusive, she’s joined by two of Hollywood’s most powerful actresses to talk about the trials and triumphs of America’s servicewomen and military wives. A Memorial Day must-read. By Cindi Leive

Photographs by **Patrick Demarchelier** Fashion editor: **Laura Ferrara**

First Lady Michelle Obama and actresses Sarah Jessica Parker and Kerry Washington are sitting in the Blue Room at the White House. It’s a state parlor room known for pageantry—President Barack Obama took his second oath of office here—but today the vibe feels decidedly more relaxed. There’s hugging. There’s laughing. There’s talk of motherhood, men, and movies. But this trio of female forces, who know one another through their work on the President’s Committee on the Arts and the Humanities, aren’t here just to catch up on life and gush over pictures of Washington’s baby daughter, Isabelle (with husband and former NFL cornerback Nnamdi Asomugha). They’re here today to spread a crucial message: This Memorial Day, America’s servicewomen, veterans, and military wives—courageous women—need our help.

Movie sets and military bases may seem like polar-opposite worlds, but Washington, 38, and Parker, 50, have been personally inspired by our men and women in arms. Washington’s father, Earl, served before she was born, while Parker and her husband, actor Matthew Broderick, have friends in uniform. And over the past four years, Mrs. Obama, 51, has tirelessly advocated for military families, primarily through Joining Forces, an initiative she launched in 2011 with Second Lady Dr. Jill Biden, whose sons have served in the Army National Guard and the Navy Reserve.

These women already have a long list of commitments: Washington stars as Olivia Pope on *Scandal* and will portray Anita Hill in the HBO biopic *Confirmation*, which she is also executive-producing. Parker, who plays Maggie in the upcoming romantic comedy *All Roads Lead to Rome* and designs the SJP shoe collection, is the mother of twin girls Marion and Tabitha, five, and son James Wilkie, 12. Mrs. Obama, whose daughters

**continued** on next page

"We live in a country where one percent of the population protects the rights and freedoms of the other 99 percent of us."

*—First Lady Michelle Obama*



**Triple Threat**
Mrs. Obama, Parker, and Washington in the Blue Room at the White House

Sasha and Malia are now 13 and 16, respectively, has a serious to-do list as First Lady, championing healthy living and girls' education. So why turn their attention to *this* cause, military families, right now? Over a decade ago, during the height of the Iraq and Afghanistan wars, our servicemen and -women were constantly in the public eye, in newspapers, music videos, car commercials. Today, most of the more than 2.5 million men and women who deployed are home safe—but they deserve just as much attention as when they were braving IEDs and insurgents. During this reentry period, advocates point out, many veterans face hardships (from homelessness and unemployment to post-traumatic stress disorder and the effects of sexual trauma), and we can't underestimate the support they need.

But this is a hopeful story, because Mrs. Obama is getting things done: Joining Forces has collaborated with 285 mayors to end veteran homelessness—as in, no soldiers living on their communities' streets—by December 31. Partnering with companies, the organization has put nearly 700,000 veterans and military spouses to work. It has teamed up with Give an Hour, a nonprofit that provides free therapy to military families. And it's sent thousands of military kids to summer camp through Operation Purple Camps. "When you think about what keeps [parents] up at night," says Mrs. Obama, "it usually revolves around our kids."

In a *Glamour* exclusive, I sat down with these powerhouse women at the White House to talk about *all* of this, from how to help military families to whom they'll be celebrating this Mother's Day. SJP almost cried. You might too.

**CINDI LEIVE:** Mrs. Obama, thank you so much for having us here today. It's a privilege to be in the White House.

**FIRST LADY MICHELLE OBAMA:** Well, so many women don't know that this segment of women—veterans and military spouses—is out there. So having this conversation with friends is setting the tone for what we hope the nation will do in the years to come.

**CL:** I hope so too. Sarah Jessica, the last time you were at the White House, you were dancing to "You're Never Fully Dressed Without a Smile" for an arts event, no?

**SARAH JESSICA PARKER:** That's correct.

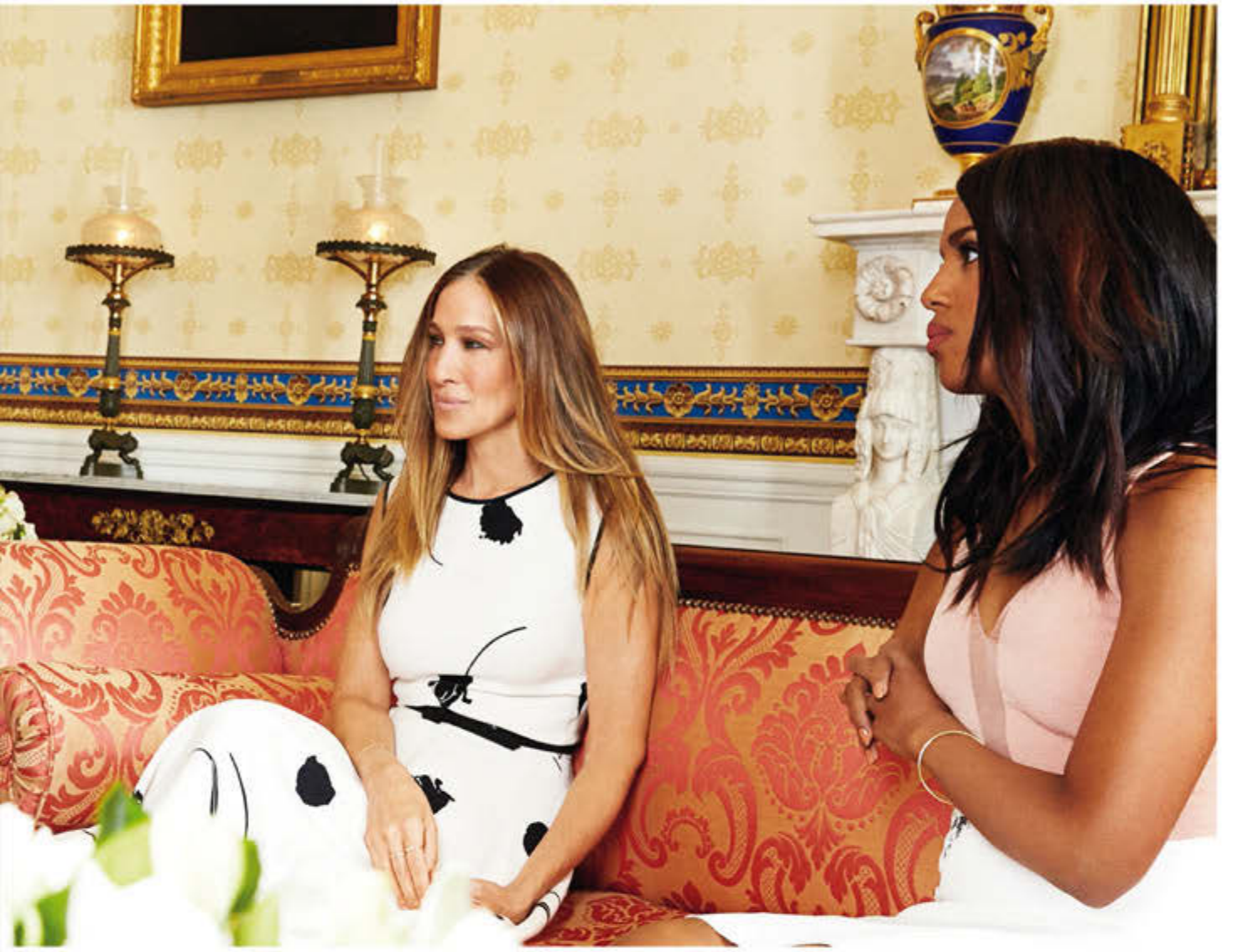
**MO:** Whenever they're with me, they're dancing.

**KERRY WASHINGTON:** It's true!

**CL:** And Kerry, you've spent time in the real White House and the fake White House [on *Scandal*]. Is this a deeply confusing moment for you? [*Laughs.*]

**KW:** [*Laughs.*] No, there's nothing like the real White House. Nothing like it. In *our* White House, you walk around the corner and it's a bathroom or a trailer. This is the real deal.

**CL:** Mrs. Obama, when we interviewed you for your last *Glamour* cover, six years ago, you were early in your tenure at the White



House and still choosing the causes you wanted to champion. You said: "I have to be very passionate myself about the issue to be able to represent it well." What made you passionate about *this* issue?

**MO:** Well, during the first campaign, one of my jobs as my husband's spouse was to travel around the country and really listen to women. We held small discussion groups, [and] there were voices that were new to me: the voices of military spouses, many of them women, and veterans.... I was overwhelmed by their challenges, and the notion that we as a country don't even know that these women exist, because we live in a country where one percent of the population protects the rights and freedoms of the other 99 percent of us. I thought that if I had the opportunity to serve as First Lady, I was going to use this platform to be their voice.

**CL:** Joining Forces is celebrating its fourth anniversary. What have been some of the high moments for you so far?

**MO:** It's always positive to hear how many people are willing to step up—whether it is the employment community, mental health community, or medical community.... The response is always yes.

**CL:** Kerry, your father served. Sarah Jessica, you have friends who have served. But even so, you were saying that this can be a difficult issue to understand and support. How so?

**KW:** There is this idea that those who serve are untouchable heroes. [But] the more we hear what people are going through, [we realize] it's what *every* woman is going through.... The challenges are just put under a magnifying glass because their lives are so extraordinary.

**SJP:** I feel like there's a laundry list of issues they face.... Being a working mother, serving, returning from Iraq or Afghanistan—I almost don't know where to begin.... And I feel intimidated by their service; I feel ashamed that I haven't served. So I almost feel like I'm patronizing by inquiring how to help. When you see a serviceman or -woman, you always—*I* always—say, "Thank you for your service." But you know that's not enough.... What do we do? Every community has a community of veterans. Where do we begin?

**CL:** Mrs. Obama, where *do* we begin?

**MO:** Start in your community. Most of what these men and women need is people in their backyard lending a helping hand.

**CL:** I know the rates of PTSD are higher for female veterans than for male veterans, and the causes are many, from [witnessing trauma] to experiencing sexual assault. What do we owe these women whose symptoms are getting in the way of their returning to a normal life?

**MO:** One thing I want to clarify—that every service member, veteran, wants us to remember—is that the vast majority of people returning from service come back completely healthy.... But when we do come across someone who is struggling...we have to develop a culture of open arms and acceptance so that they feel comfortable saying, "I'm a veteran. And by the way, I need a little help." This is something we need to do in this country around

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**What a Welcome**
The First Lady and President Obama meet Army troops in Georgia back in 2012.

SAUL LOEB/AFP/GETTY IMAGES

mental health as a whole—destigmatizing mental health.

**CL:** Kerry, I loved that you told *Glamour* in 2013 that you relied on friends, family, and a good therapist.

**KW:** I mean, yeah. Absolutely. I say that publicly because I think it's really important to take the stigma away from mental health.... My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth. I go to the dentist. So why wouldn't I go to a shrink?

**MO:** Sarah Jessica, you spoke to a veteran struggling with PTSD.

**SJP:** Jennifer [Madden]. She brought up [the fact] that there are those who return with PTSD—and while that needs attention and focus, they also want to not be considered damaged goods.

**MO:** That's exactly right.

**SJP:** It's important that when they go to meet a potential employer, this person knows they are capable. And that any issues they have are the same ones *any* of us might have—whether we lose a family member or have a period of sadness. We want to talk about the public health challenges. But we also don't want to put so much focus on these issues that veterans seem like they are made of glass. You don't want to meet them and you're like, "Are you OK?"

**KW:** They *aren't* broken; they are heroes. They have extraordinary discipline, courage, and capacity—*that*'s what we can focus on.

**MO:** Think about the amount of training the average veteran has received through the military—physical training, project management training, public relations work. Think of an average tour of duty in a foreign land, the money we put into developing that, and then they're discharged, and what, we let that investment go? Absolutely not. These are some of the best-trained people in our society.

**CL:** If you want something done, ask a vet. That should be the attitude [in the job market], right?

**SJP:** Think about what [employers are] looking for: organized, disciplined, team player, innovative. They're coming out of the military at 28, 30, 32. Who has that much experience [at such a young age]?

**MO:** Right. [But] they're not trained to be boastful. There are times when I talk to veterans, particularly women—because we, as women, don't like to talk about ourselves. [I say] this is one time where you have to brag a little bit. You've got to pump your chest out. You've got to [wheel] out your bag of goodies. You've got to pull yourself out of the team and shine a light on yourself. That's not how they're trained, but that's how our employment world [works]. You've got to be able to sell yourself.

**SJP:** I was talking to a friend of ours, who's about to finish his time in the military. And I was saying, "God, your skills are so unique—the world is your oyster." In *my* head... But the way he looked at the world was radically different. He doesn't know where to begin.

**MO:** That's one of the things we've been asking employers to think about: What's happening to recruit and embrace veterans?

**CL:** Mrs. Obama, I know everybody loves to ask you for marital





"I don't know why I wouldn't seek help to have my brain and my heart be as healthy as my teeth. I go to the dentist. So why wouldn't I go to a shrink?"

*—Kerry Washington*

advice. [*Laughs.*] What counsel do you offer spouses during the separation period, and for when their loved one returns home?

**MO:** I never try to come close to comparing my life to these women's lives. But, if you think about it, when you [have] a spouse who travels or is away a lot, women do adapt.... The challenge is when the missing spouse comes back and they're trying to reintegrate into a well-oiled machine.... How do you let yourself become vulnerable when you don't know when that call will come, and they've got to [go away again]?... And many of these women are young. When I was going through this [when President Obama got into politics], I was in my thirties, I had my career, and I had family with me. I [try to] put myself in the place of some of these young women—maybe they're in their twenties, they have their third kid, they're not established in their careers, they're miles away from their family—and imagine the stresses. So my advice is, ask for help. *Keep* asking. Because that's the only way I survived. My women friends—how we get through is we reach out.

**KW:** Yeah, I was just on the phone with an actress yesterday. She had questions about child care. And I said, "First, congratulations on asking for help. I'm so happy you have gotten to this point. I'm going to email you resources." We have to affirm each other for asking for help. And not act as if being stoic is what makes you a success.

**MO:** That's generational too. Our parents and grandparents were women who took great pride in just being able to handle their stuff.

**SJP:** That's right. With a lot of kids.

**MO:** With a lot of kids and fewer resources.... You start thinking, what's wrong with me if I'm struggling with these two kids and I've got more money than my mother ever had at this age? But we have to stop doing that to ourselves, and understand that communities are more fragmented now. We underestimate how our mothers and grandmothers had that base of support.... We have to keep encouraging women to know that asking for help is not a weakness; it is a necessity. We all do it. Kerry Washington needs help a lot.

**KW:** A *lot*.

**MO:** Sarah Jessica Parker needs it. Michelle Obama needs a lot of help. A lot of help. *Lots of help*.... [*Laughter.*] We're all mothers. And when you think about what keeps us up at night, it usually revolves around our kids.... Heaven help—I used to rue the day I'd wake up and a child was sniffling. You're like, "Oh my God. You're not sick, are you? No. Get up." 'Cause you're thinking, What am I gonna do? There's this sick kid. I've got to go to work. I don't have family in the area. [And remember,] many military spouses have transferred, so they're not in their community. They don't have extended family [nearby].

**KW:** That was something that resonated with me when I spoke to Bianca [Martinez], whose husband is a Navy SEAL. She was saying her challenges are not that different from what a lot of women face; it's just that she's moved three times and has had to re-create

**continued** on next page



**Power Circle**
On Mrs. Obama: **Narciso Rodriguez** dress. On Parker: **Oscar de la Renta** dress, belt. **SJP** heels. On Washington: **Narciso Rodriguez** dress, slingbacks.

her circle of support three times. She's had to figure out how to find the right child care, how to take care of her career as she moves.

**CL:** Mrs. Obama, these issues won't be all taken care of by 2017, when you move out of this house. If *Glamour* sits down with the candidates for president in the next election, what should we ask them about this issue?

**MO:** Straightforward: What's their commitment to continuing to support military families and veterans and troops? What are the concrete things? Under this administration Barack has increased the VA budget to record levels. It's a straightforward question, and the quality of the answers will give you a sense of who's real.

**CL:** How do you all feel these issues that we're talking about are portrayed in Hollywood? Does Hollywood get it right or wrong about female veterans?

**SJP:** We've dipped into the roles that women have played in TV shows like *Army Wives* and *China Beach*. Women were a part of the storytelling of *MASH*, though that seems like a century ago.

**KW:** *China Beach* was pretty extraordinary.

**SJP:** But there is a vast desert that exists between that story and the next. The entertainment industry loves a big war movie, but women don't feature in those stories typically; it's men in these heroic, unthinkable missions across dangerous lands.

**KW:** You always have that shot of the woman back home on her couch, listening to the radio or watching the news.

**MO:** That's where the story ends.

> "The entertainment industry loves a big war movie, but women don't feature in those stories."
>
> *—Sarah Jessica Parker*

**KW:** I love the idea that Joining Forces is the camera that stays on that woman and says, "You have your own story, and we understand how important that story is."

**MO:** Hollywood *has* taken up this challenge of doing a better job of telling that story. I just did an event with Got Your 6 [which unites entertainers, including Washington and Parker, to dispel myths about veterans]. One thing Got Your 6 is trying to do is not have these stories set apart in that braver-than-thou, more-broken-than-thou view, but incorporate veterans and military spouses into the fabric of everyday life, like Hollywood has done with gay rights issues. Think of shows like *Modern Family*.... Hollywood can play a powerful role in normalizing veterans into our lives.

**CL:** Speaking of Got Your 6, I know that in the military *got your six*

# And Now Meet America's "Gladiators"

These six brave women all served in the military—and have some surprising messages about how you can help any veteran transition back into "regular" life. As told to Maggie Mertens

## Ask more questions.

"After serving in the Marine Corps for four years, including a tour of Iraq, I moved back home in 2009. I didn't know how to relate to my old girlfriends. My friends asked me whether I had ever killed someone. I wish they would have asked me more about me and my experiences overseas, like who my best friends were there, what we used to do for fun, or what it was like to wear the same thing for four years straight. Being a soldier was one thing I did, but it's not the *only* thing that defines me." *—Tegan Griffith, 30, Madison, Wis.*

## See us for who we are.

"Militants attacked the Army base in Iraq where I worked as a dental assistant pretty much daily. When a mortar hit a generator and knocked everyone down one day, my head slammed into the concrete floor. Because of my traumatic brain injury, I lost the job I loved, and I still have seizures every other month. I hope when people meet veterans with disabilities, like me, they can recognize our sacrifices and look beyond that label, and see us for the people we are, not just our diagnoses." *—Melissa Margain, 28, Antioch, Calif.*

## Recognize our value.

"When I got out of the Navy in 2009, I finished my degree in communication and got my master's. Still, it took me a few years to find my niche. I'm now a fellow at the State Department via the Veterans Innovation Partnership, and I couldn't be happier. More organizations should have programs employing veterans. We have unique skills: The military taught me about dependability, teamwork, and leadership. It'd be helpful if the public were more aware of the potential we bring to the job." *—Janet Boehnlein, 32, Washington, D.C.*

## Just trust us.

"In 2003 my squad came under attack in Iraq, and one of the guy's trucks died. I got out and jump-started the vehicle; looking back, I don't know if my squad would've made it off that hill if I hadn't. After nine years in the Army, I know how to get things done under pressure. When problems arise, my friends and family look to me *first* to help them navigate the waters. As veterans, we know what it is like to be under life-and-death pressure. So believe us when we say we have your back. We *mean* it—we have your back." *—Heather Yang, 36, Chicago*

## Be patient.

"During my Navy training, I was raped. My abuse led to more abusive relationships after I finished my service; eventually I was diagnosed with PTSD. For a long time I ignored a friend who tried to help me, because I didn't want to admit I needed therapy. But he was compassionate and *extremely* patient. He reminded me that I am not the only one in my position and that I can take my experiences to help others, but only if I heal myself first. Today I'm finally getting the counseling I need to move on." *—Hayley Hovatter Johnson, 40, Brooklyn*

## Listen to our stories.

"I deployed two or three times per year from the time my baby girl was six months old until she was nine. As she got older, I didn't want to disrupt her schooling, so she lived with my mother. When I was medically discharged in 2010, she barely knew me, and I didn't know how to be a mother. She's chosen to keep living with my mom. I'm hoping that as she gets older she'll understand that I wasn't abandoning her—what I did was *for* her. I hope people aren't afraid to listen to our stories. That can lift a bit of the burden." *—Meosha Thomas, 33, Chicago*

means "got your back"—it's derived from fighter-pilot terminology; the six o'clock position was directly behind you, where you're vulnerable. So I want to ask each of you, who has got *your* six?

**SJP:** Oh, wow. I don't know if I can answer that without crying.

**KW:** You're allowed to cry.

**SJP:** I feel like the six changes because our lives change. [When] I had my own children, my circle shifted. But my mother remains a big part of it. I mean, she annoyed me for so many years, but then it turned out she was right about *everything*—it kills me. Like, even color combinations! And then my older sister and women friends, who are living heroically in their own quiet ways.

**CL:** Beautiful answer. Kerry?

**KW:** My parents are pretty awesome, and my extraordinary husband. The people who allow me to be the kind of working woman and mother I want to be—they've got my six. And my *girlfriends*. A couple of guys in there too, but just—your people. People who you can be real with when the cameras are off, and when people stop recording and asking you questions—the people who still care when you don't have touch-ups and primping and a dress you have to give back tomorrow.

**CL:** Mrs. Obama?

**MO:** My mom. Barack and I couldn't do this without her. In those early years, when we were moving into this house, the kids were starting a new school in the middle of the year, and they were so little, *so* little, and we were trying to create some normalcy. Who took them to ballet? Who was there when we were traveling, so the kids would come home not to butlers and an empty house? My mom. And my mom is *so* not this place; she's the opposite of the White House.... This is not a comfortable circumstance for her. But she sacrificed her comfort in her later years, when she could be doing whatever she wanted, to be in this interesting position. She did it for me, and she did it for her grandkids.

And then, I think like you guys, you know? I love my husband. He definitely has got my six. But it's the women in my life—I've always had this cadre of girlfriends, and we raised our children together. My kids have memories of ballet rehearsal, recitals, and somebody picking someone up [for a mom] who couldn't get off work. One of the worst days of my life was when our best babysitter said she had to move on.... I wept. That was when I had to tell my mom, "You gotta help me. I can't go through another babysitter...." But it was those girlfriends who would step up. That brings us to why this conversation among women is important. We've got sisters out there. These women veterans need us to have their six, because they won't ask.

**KW:** And none of us would have the lives we have if they weren't serving or supporting their partners serving. The way we can give thanks is to show up for them.

*Cindi Leive is the editor-in-chief of* Glamour. *For more information on these issues, go to whitehouse.gov/joiningforces. See page 34 to find out how you can support Give an Hour.*

ON PARKER: RINGS FROM LEFT: JENNIFER MEYER, AZLEE. ON WASHINGTON: VITA FEDE EARRINGS, JENNIFER MEYER BRACELET. SEE GLAMOUR SHOPPER FOR MORE INFORMATION. FOR MRS. OBAMA: HAIR, JOHNNY WRIGHT; MAKEUP, CARL RAY. FOR PARKER: HAIR, JOSUE PEREZ FOR TRACEY MATTINGLY; MAKEUP, LESLIE LOPEZ FOR THE WALL GROUP. FOR WASHINGTON: HAIR, TAKISHA STURDIVANT FOR KEN BARBOZA ASSOCIATES; MAKEUP, CAROLA GONZALEZ FOR NEUTROGENA. PRODUCTION: NORTH6



"It's important that my kids are aware of the rest of the world." *—Liya Kebede*

Ethiopian supermodel Liya Kebede, 37, is—deep breath—an actress, a philanthropist, the designer of the fair-trade clothing line Lemlem, and mother to Suhul, 14, and Raee, nine. **On motherhood:** "I want my children to have passions and be compassionate. Having them inspired me to fight for better care for all mothers." **Her cause:** The Liya Kebede Foundation (lkfound.org) aims to reduce maternal and newborn deaths in Africa by providing equipment and training for safe deliveries. "We [Western women] are concerned with how to be the perfect mom," Kebede says. "Moms in other parts of the world worry if they will even make it through their pregnancy. Where I grew up, mothers were dying from infection, hemorrhages, no ambulances. In 2011 we started a maternity center [in Hawassa, Ethiopia]. Since then, we've had over 7,000 safe births. We haven't lost one mom." **Vera Wang Collection** dress. **Valentino Garavani** sandals. On Raee: **Sonia by Sonia Rykiel** blouse. **Lemlem** skirt. **Clarks** boots. **Mokuba** ribbons. On Suhul: **Alternative** T-shirt. **J.Crew** pants. **Common Projects** shoes.



# Hey, Mama

## Meet seven kick-ass moms who are making the world a better place for *all* of us.

By Kate Branch

Photographs by **Pamela Hanson** Stylist: **Marina Muñoz**

"If I knew the joy a child brings, I'd have become a mom earlier!" —*Sasha Pivovarova*

She's been a muse for Miuccia Prada and has walked runways for every brand from Balenciaga to Chanel. But Russian model Sasha Pivovarova, 30, says her most important work is for kids, particularly her daughter, Mia, age three. **On motherhood:** "I hope to pass along my passion for nature and the arts to Mia," she says. "Already she's taught me patience—like how to read her the same book 50 times!" **Her cause:** "Kids are our future," says Pivovarova, who is involved with the Russian Children's Welfare Society (rcws.org), especially its Give Beauty Back to the Children project, which benefits a rehabilitation center for children with facial deformities in Russia. **On being a working mom:** "When I have to be away for a week or longer, we travel together," she says. "I hope by seeing me work, Mia will learn how to recognize and use her competitive edge." **Dior** dress. On Mia: **Oscar de la Renta** dress. **Salt Water** sandals.



"I feel a responsibility not to crush their innocence." —*Georgina Chapman*

English designer Georgina Chapman, 39, is cofounder of the evening-wear line Marchesa, as well as a philanthropist and mother to India, four, and Dashiell, two. **On motherhood:** "When I was pregnant, I decided how I would do things. But everything I thought I knew was wrong!" **Her cause:** "Marchesa is very involved with Magic Bus [magicbus.org], which mentors youth in India about the importance of education and safe sex. These communities had a 20 percent high-school graduation rate; [since Magic Bus programs began in 1999] it has risen to 71 percent." She and producer-husband Harvey Weinstein even asked their wedding guests to donate to the organization in lieu of gifts. **On being a working mom:** "Once, while walking India to school, she said, 'Mommy, one day I might be walking my baby to school. And then, Mommy, I'm going to have to go in to the office.' I asked her what she was going to do, and she said, 'Mommy, I'm going to be working right beside you.' I wanted to cry." **Marchesa** dress. On Dashiell: **Bonpoint** top, pants. **Brother Vellies** shoes. On India: **Bonpoint** dress. **Mokuba** ribbons.



"We apologize to our kids daily. It teaches them no one's perfect." —*Cass and Ali Bird*

Photographer Cass Bird, 41, second from top, and her wife, bookings agent Ali Bird, 39, are moms to Leo, seven, and Mae, five. **On motherhood:** "Ali and I have a unique experience because our children are both firstborns, in that I birthed Leo and Ali birthed Mae," says Cass. "We have two wombs in a home—get it?" **Their cause:** Ali's agency, The Wall Group NY, of which she is a partner and director, teams up with the environmental organization One Percent for the Planet (onepercentfortheplanet.org). "Environmental protection is very near and dear to me because without a planet, there's *no* cause you can support," says Ali. **On being a working mom:** "Even if you're a stay-at-home mom, there is never going to be a moment when you don't have mother's guilt," says Ali. "I hope our kids see the value of hard work, in honoring your commitments, loving what you do, and staying your own person." On Ali: **Nili Lotan** top. On Cass: **CP Shades** shirt. **Nili Lotan** pants. On Leo: **Noé & Zoë** shirt. **Gap** jeans. On Mae: **J.Crew** T-shirt. **7 For All Mankind** shorts.



"Adoption is an emotional roller coaster, not dissimilar to pregnancy." —*Isabel Dupré*

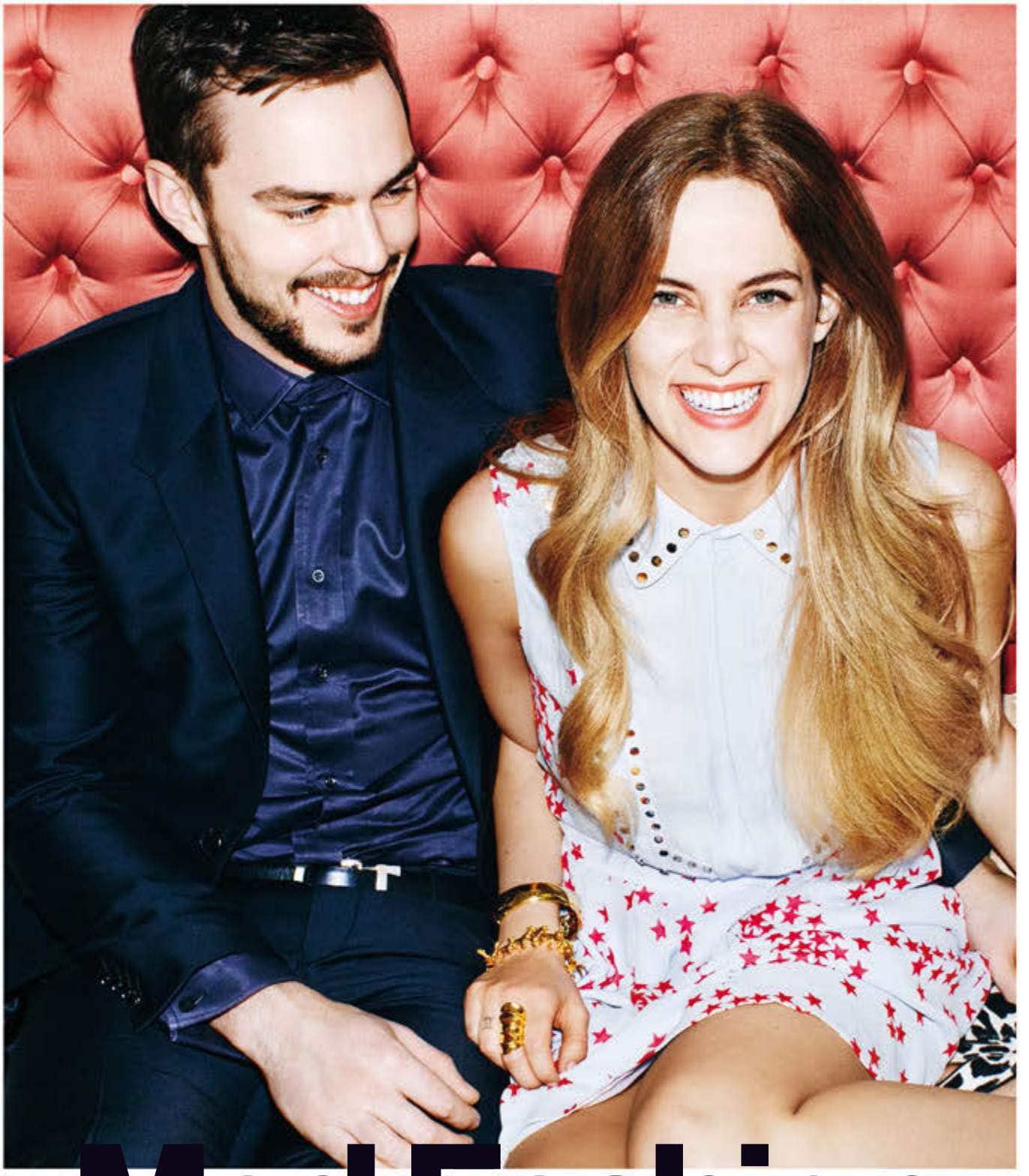
Fashion stylist Isabel Dupré, who has worked with the likes of Peter Lindbergh and Angelina Jolie, is a single mom to James, 17, whom she adopted when he was one and a half, and Jack Russell terrier Moops, seven. **On motherhood:** "James is the gift of my life," she says. "I protect him, and he protects me." **On adoption:** "Right when I was supposed to get James, Vietnam closed its adoption process due to corruption. I had to wait another year, which was tough. But when I first held him in my arms, we had this immediate connection." **Her cause:** Supporting orphanages is easy, says Dupré: "You don't have to do much. Shoes for Orphan Souls [shoesfororphansouls.org] sends shoes to kids all over the world." **On being a working mom:** "James is a single kid with a single mother in New York. I gave him a lot of independence because I needed to. Leaving him to travel for work was hard, but it made our relationship stronger. Now we can talk about anything." **Sonia Rykiel** jumpsuit. **Lizzie Mandler Fine Jewelry** ring. On James: **J.Crew** shirt. **Timex for J.Crew** watch.

HAIR FOR KEBEDE AND CHAPMAN: CECILIA ROMERO. HAIR FOR ALL OTHERS: BRYCE SCARLETT. MAKEUP FOR KEBEDE AND CHAPMAN: YUMI MORI. MAKEUP FOR ALL OTHERS: MAYIA. BOTH FOR THE WALL GROUP. MANICURES FOR KEBEDE AND CHAPMAN: JULIE KANDALEC FOR BRYAN BANTRY AGENCY. MANICURES FOR ALL OTHERS: DAWN STERLING FOR MAM. SET DESIGN FOR KEBEDE AND CHAPMAN: NOEMI BONAZZI. SET DESIGN FOR ALL OTHERS: JILL NICHOLLS. BOTH FOR BRYDGES MACKINNEY. PRODUCER: VIEWFINDERS



"I hope my kids see imagination has power to change everything." —*Wangechi Mutu*

On top of exhibiting her beautiful, politically charged collages worldwide, the Kenya-born, Brooklyn-based artist Wangechi Mutu, 42, is an activist and mom to Neema, six, and Wathira, two. **On motherhood:** "After I came home [from the hospital] with my first daughter, it sunk in that this little individual's entire existence was completely dependent on me. Motherhood is the ultimate call to sacrifice." **Her cause:** "Equal rights for women and queer folks!" says Mutu, who founded Africa's Out (africasout.com) to fight for the rights of sexual minorities. She'll cohost its inaugural fund-raiser, showcasing over 40 world-renowned artists, including photographer Cindy Sherman, at Manhattan's Gladstone Gallery on June 5. **On being a working mom:** "I keep things moving along with a seriously loving, caring, and brilliant man, a fierce group of friends—and really strong coffee." **Zero + Maria Cornejo** dress. **Maiyet** bracelet. **Tory Burch** sandals. On Wathira and Neema, from left: **J.Crew** dress. **Cara Croninger** necklace. **Salt Water** sandals. **Bonpoint** dress, sandals. **J.Crew** necklace. **See Glamour Shopper for more information.**



# Mad Fashion

Meet Riley Keough and Nicholas Hoult: two of the fresh faces appearing in this month's highly anticipated thriller *Mad Max: Fury Road*. Oh, and Riley's wearing your next date-night outfit!

Photographs by **Matt Irwin** Stylist: **Anna Trevelyan**



**Viva Glam**
The ultimate party look? A flirty baby-doll dress covered in sequins. Black stockings ripped in all the right places add an unexpected twist.

**Louis Vuitton** dress, leggings, earrings, $975.

**Shoot for the Stars**
Opposite page: Silver studs toughen up a sweet, celestial-printed dress.

**Diesel Black Gold** dress, $795. **Alexis Bittar** cuff, $475. **Bill Skinner** bracelet, $147. **Annelise Michelson** ring, $330. **Tom Ford** platforms.



**Love Me Tender**
Pair swingy bell sleeves with Mary Janes for a flirty vibe.

**Dolce & Gabbana** dress, $2,595. **Virzi + De Luca** earrings, $230. **Victoria Beckham** platforms, $1,995. On him: **Lanvin** suit. **Uniqlo** T-shirt. **Christian Louboutin** shoes.
Hair: Eamonn Hughes, makeup: Polly Osmond, manicure: Nichola Joss, all for Premier Hair and Makeup; grooming: Karen Alder for Tom Ford; production: Alice Ferrante for 10-4 Inc.

**Red Hot**

You guessed it: more stars. Embrace your soft side in a wispy off-the-shoulder style.

**Hilfiger Collection** dress, $590. On him: **Topman** blazer, trousers, tie. **Ralph Lauren Black Label** shirt. **Vivienne Westwood** cuff links. For shiny hair like hers, try **Dove** Quench Absolute Supreme Crème Serum ($6, at drugstores). **See Glamour Shopper for more information.**



## About a Girl...and a Boy

There's a reason these faces are familiar: Riley Keough, 25, is rock royalty (she's Elvis Presley's granddaughter—for more on that, see page 231); Nicholas Hoult, 25, was the boy opposite Hugh Grant in *About a Boy* and has made headlines dating Kristen Stewart and Jennifer Lawrence. Now they're in George Miller's highly anticipated, postapocalyptic *Mad Max: Fury Road*. (Expect lots of things to blow up.) We caught up with them as the trailer hit theaters—and right before Riley got married!—to talk fashion and film.

*On Growing Up Famous*

**RILEY KEOUGH:** No one in my family ever talked to me about it, so I didn't really know any different. It just *was*.

**NICHOLAS HOULT:** I actually tried to be *more* normal, because if you stand out, then you're a target. I think it made me more shy. But Hugh [Grant] was a good role model to have [at age 12] because he was always the most charming person. You are very influenced at that age; if it had been someone else who's a bit iffy, I could have ended up a monster. Fame is weird, but I see it for what it is: fun, exciting, but also fleeting. You have to keep faith [that the work will come].

*On the Tabloids*

**NH:** Whenever something happens [in the media], it feels like a huge thing. But then you realize no one cares: Today's news is the wrapping for tomorrow's fish and chips.

**RK:** I don't go to places where people get photographed—

**NH:** I *am* a bit of a hermit.

**RK:** Right, some people try to get [paparazzi's attention]. I don't care if people know I'm getting married, but I also wouldn't post a photo on Instagram in bed with my husband.

*Their Glam Routine*

**NH:** Mine took two hours each day [on set] for the tattoos, the brandings—George called it "scarification."

**RK:** We [costars Rosie Huntington-Whiteley, Zoë Kravitz, Abbey Lee, and Courtney Eaton] had only one tattoo. After we wrapped, we all got real matching dot tattoos. I miss being there!

*—Kate Branch*

# Bring It, Summer

In a perfect world, we would all have started working out months ago. In *this* world, you can start now and still shape up fast with these last-minute plans. Just add a sleek suit and SPF, and you're set. By Shaun Dreisbach

Photographs by **Patrick Demarchelier** Fashion editor: **Jillian Davison**

Warmth? Sunshine? Sand-between-your-toes awesomeness? Winter was so brutal you may have forgotten how incredible the six months ahead feel—not to mention how soon you'll need to shed all those comfy layers of fleece and wool. "Everyone always waits to think about getting into shape until the day before the long Memorial Day weekend, and then they go into total panic mode," says Los Angeles celebrity personal trainer Juliet Kaska, who keeps Karlie Kloss, Kerry Washington, and Ali Larter swimsuit-ready. "Start now, though, and you'll have enough time to lose weight, if that's your goal, or shape up and gain muscle." Kaska designed three routines exclusively for *Glamour*, each one tailored to your timeline, even if you have just 10 days. Procrastinators, rejoice! This one's for *you*.

**continued** on next page



**Belly Button, Meet Spine**
The trick to getting the most ab-slimming effect out of the workouts on page 227? Use your lower abs to pull your navel toward your backbone during each exercise, says Kaska; doing so supports your back and cinches your waist.

**KamaliKulture by Norma Kamali** swimsuit, $84. Want to keep skin hydrated *and* protected? Try **Shiseido** Sun Protection Lotion SPF 50+ WetForce ($40, shiseido.com).



**Arm Yourself**
"Smaller muscle groups, like arms and shoulders, tend to shape up fastest," says Kaska. "Work them first for instant motivation." Want a quick, chic way to keep your hair off your face? Turn your T-shirt into a headscarf. Get the quickie how-to on page 230.

**Proenza Schouler** swimsuit, $375. **Jockey** T-shirt, $30. **See Glamour Shopper for more information.**
Model: Kim Riekenberg at IMG; hair: Teddy Charles for Art + Commerce; makeup: Fulvia Farolfi for Bryan Bantry Agency; production: Alan Jaouen for Float & Shoot.

# Your Day-by-Day Plan

Hit the beach with confidence, whether you have 30 days or (oops!) just one to prep. Get a complete exercise how-to at glamour.com/swimsuit-workout.



## *If you have 30 days...*

**Tone your back and legs.**

"They're your two biggest muscle groups," says Kaska. "Strengthening these areas will give you the biggest metabolic boost—helping you burn more calories and fat while simultaneously giving you sleek definition." Because these spots are so large, however, they tend to take longer to whip into shape, so get started as soon as possible. Kaska recommends doing 30 to 40 minutes of full-body strength moves that target your back and legs, three to four days a week; aim for 10 to 20 reps of each exercise, and do one to four sets, depending on your fitness level, of lunges, squats, and what Kaska calls Stork With Wide Row. To do it: Stand holding a weight in each hand, palms facing back. Hinge forward, and lift left leg behind you so your body is as close to a T shape as possible, arms extended toward the floor. From here, bend elbows wide and lift weights so arms make a 90-degree angle (see above); pause, then lower weights, staying balanced on right leg. Then switch legs and repeat.

**Finish with sprints.**

Jog or run as fast as you can for 30 seconds, then walk for two minutes. Repeat these intervals for 20 to 40 minutes, five days a week. High-intensity interval training like this burns even more calories per session than regular interval training, so extra pounds fall off faster. By day 30 you could be down eight pounds if you're eating right too—think lean protein, whole grains, and healthy fats like olive oil.



## *If you have 20 days...*

**Zero in on your arms.**

"Sleek, defined arms make your whole body look sexier," says Kaska, "and the muscles here respond pretty quickly to weight training, so you'll definitely see results after 20 days." Three to four days a week, do 30 to 40 minutes of full-body strength moves that focus on your arms and shoulders. Depending on your fitness level, aim for eight to 20 reps of each exercise, and do one to three sets of moves like push-ups, biceps curls, and shoulder raises. Kaska particularly likes lateral shoulder raises: Stand with your feet hip-width apart, holding a weight in each hand, elbows bent 90 degrees, upper arms pinned to sides, palms facing each other in front of you. Keeping that 90-degree bend, slowly raise arms out to sides to shoulder height (see above); pause, then lower to the starting position and repeat. As you get stronger, add more weight—you should be barely able to finish the last rep.

**And add half-and-half cardio intervals.**

Alternate two minutes of brisk walking with two minutes of jogging or running for 20 to 40 minutes, five days a week. Interval training burns more calories than the same amount of moderate, single-speed cardio, says Kaska, but isn't as intense as high-intensity sprints, so it's gentler on your body as you ease into more regular exercise. Thanks to your cardio and strength workouts, you can expect to drop up to six pounds in 20 days with a healthy diet.



## *If you have 10 days...*

**Improve your posture and abs.**

"There's only so much you can change in this small amount of time," says Kaska. "But better posture and a nipped-in waist will give the illusion that you've dropped five pounds." Every single day (yup, at this point you have to do it daily to get results) do 20 minutes of strength exercises that focus on your abs and back. Kaska recommends 10 reps and one to three sets of Pilates moves like the crisscross (a slow bicycle crunch), bent-knee roll-up, and this exercise, the double-leg stretch: Lie on your back, bend knees, and grasp shins as you lift your head and shoulder blades off the floor and into a ball. Pull your belly button in, and extend arms and legs straight out, keeping lower back against the floor (see above). Sweep arms out and around as you return to start, and repeat.

**Do 30-30 sprints.**

Run as fast as you can for 30 seconds; then walk 30 seconds. Repeat for 15 minutes every day. It may not seem like much, but doing this daily will burn a ton of calories. Stick to a low-calorie diet to lose two pounds by day 10.

## *If you have one day...*

We've all been there! Simply cut out salt, sugar, and alcohol to decrease bloating. Then do one to three sets of 10 crunches and push-ups—an old modeling trick to make muscles pop—before you hit the beach, says Kaska. Then grab your beach bag and go.

ILLUSTRATIONS: SYDNEY VAN DYKE

# Glam

Everything you need to know about all the good stuff you just saw



*Advice From Our Models*

## "The Words *I* Live By"

Seven chic moms (all photographed with their kids, starting on page 214) share their mottoes. By Kate Branch



"Mahatma Gandhi is often credited with this one: 'Be the change you wish to see in the world.'" *—artist Wangechi Mutu (above, with daughters Wathira, left, and Neema)*

"My friend Mary Hawkins gave me valuable parenting advice: 'Never strive to be more than an average parent. Anything beyond that is neurotic.'" *—photographer Cass Bird*

"I recently came across this saying: 'It always seems impossible until it's done.' Inspiring." *—model Liya Kebede*

"A favorite quote of mine is from the author Neil Gaiman: 'Life is always going to be stranger than fiction, because fiction has to be convincing, and life doesn't.'" *—designer Georgina Chapman*

"My mantra is a Buddhist saying: 'Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.'" *—model Sasha Pivovarova*

"Lately I keep saying, 'We only live once.'" *—stylist Isabel Dupré*

**And Why Not One From a Kid?**

"I like what Oogway, the tortoise from *Kung Fu Panda,* said: 'Yesterday's history, tomorrow's a mystery, and today is a gift. That's why we call it the present.'" *—James Dupré, 17, Isabel's son*

*Shop Our Shoots*

## Purses at All Prices

Into the color-block bags on page 198? Then prep your brain for dopamine overload. Truly happy-making picks:

### Just $50



**Aldo**
($50, aldoshoes.com)

### Under $150



**& Other Stories**
($120, stories.com)

### Under $300



**Kate Spade New York**
($278, katespade.com)

*Styling Trick*

# Your Jumpsuit Reboot

A jumpsuit with a sexy, sexy back (or lack thereof) is an obvious pick for a night out. (Model Constance Jablonski's one-piece, seen on page 191 and below, is *made* for cocktail hour.) Less obvious: how good it can look for work. Allow us to demonstrate.

1

Layer a thin neutral blouse underneath the jumpsuit, one with sleeves to cover that skin. (Tuck it into your undies to keep it from bunching.)

**Lou & Grey** blouse ($98, loft.com)



2

Make a note: If you want a jumpsuit with night-to-day capabilities, opt for *black*.

**Guess** jumpsuit ($108, guess.com, available in June)

3

And now for the finishing touch: a delicate long necklace. Done. Out the door with you now.

**Cynthia Rybakoff** necklace ($168, cynthiarybakoff.com)





## Plus: You're Glowing, Miss Jablonski!

What makes the French model look so sun-kissed? A hint of pinky-peach color. The how-to: Brush bronzer all over, then dab a do-it-all cream onto...

**Estée Lauder** Bronze Goddess All Over Illuminator ($30, esteelauder.com)




1 **...Your Eyes**
Start by sweeping highlighter across lids with your finger; add another layer for a more intense effect.

2 **...Your Cheeks**
Then blend cream on the apples of your cheeks with wet fingertips for a lit-from-within sheen.

3 **...and Your Lips**
Finish by dabbing a bit of color over your favorite SPF lip balm. Pretty *and* protected! —*Maureen Choi*

MUTU WITH CHILDREN: **PAMELA HANSON.** STILLS: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES. JABLONSKI (2): **GILLES BENSIMON**

**continued** on next page

*Shop Our Shoots*

# Damn, That Suit's Flattering on *Everyone*

It was a small fashion miracle: As our editors combed through racks of black-and-white swimsuits for the story on page 72, they came across one that looked good on body after body. Naturally, we had to share!



## What the Reviewers Said:



**Profile by Gottex** swimsuit (sizes 6–16, $128, nordstrom.com). A similar plus-size style: **Simply Yours** retro swimsuit (up to size 24, $42, simplybe.com).

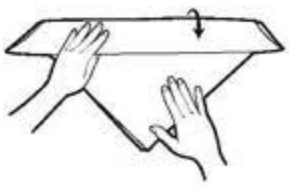
This sexy one-piece made *Glamour* contributing editor Abbe Wright "feel like a Bond girl—it gave me cleavage, which *never* happens." Online style editor Nikki Ogunnaike concurs: "This design flattered my, to quote Fergie, 'lovely lady lumps'—it held up my chest and fit well around my butt." The suit delighted all types: Editorial assistant Eillie Anzilotti, who has a "ballerinalike frame," says, "The high-cut leg and white piping gave the illusion that I had more curves," while copy editor Leah Zibulsky, who has an "apple-shaped body," says, "The suit held me in the middle, and the deep V-neck and trim made me look longer and leaner." Magic!

▲

## How Do You Tie That Thing?

*Step-by-step instructions on DIY-ing a kerchief like model Kim Riekenberg's (above and on page 226)*

Step 1



**Commence Folding**
Fold a large square scarf in half to make a triangle; fold the long edge over again by one to two inches.

Step 2



**Cover Your Head**
Place the folded edge of the scarf over half your forehead and the body of the scarf over your head.

Step 3



**And That's a Wrap!**
Tie ends into a knot at the back of your head. Voilà. (Or: Fold the top edge of a T-shirt down, wrap, and knot the sleeves.)

*Cover Story Inspiration*

## The Vets Among Us

You read all about our country's veterans on page 204. But did you know that *this* hit TV actor, *this* YouTube star, and *this* Food Network chef also served in the military? Ladies and gent, we salute you!



**Actor Adam Driver**
Shortly after September 11, Driver joined the Marines and served for two years. Today his old bros-in-arms like to give him a hard time about his role as Adam in *Girls*: "They were like, 'So, I saw your f--kin' show, and you're f--kin' naked a lot,'" he recently joked to *GQ*.



**YouTuber Dulce Candy Ruiz**
As an Army mechanic in Iraq, the Internet sensation wore the same thing daily—and no makeup. Which is why Ruiz lives to re-create Lady Gaga's and Katy Perry's colorful looks today on her YouTube channel, Dulce Candy, which has nearly 2 million subscribers.



**TV chef Sunny Anderson**
How'd the cohost of *The Kitchen* learn her mike skills? That'd be in the Air Force. While deployed to South Korea from 1993 to 1994, she hosted a military radio show called *The Other Side.*
*—Maggie Mertens*

*Celebrity Behind-the-Scenes*

# A Little On-Set Gossip

Nicholas Hoult and Riley Keough, the stars of our fashion story on page 220, talk about life in a southern African desert, where they spent seven months filming *Mad Max: Fury Road*.



**GLAMOUR:** What was it like on set?
**NICHOLAS HOULT:** The first few days, when you see the cars and the makeup, you're in awe. By the end you get used to it, and you're like, "If I have to put another *day* in this trove...!" We lived together for—was it seven months?
**RILEY KEOUGH:** Yes.
**NH:** When you're in such a remote place—
**RK:** There is nothing to do but hang out with each other.
**GLAMOUR:** What did you do as a group?
**NH:** Every night people would eat dinner and watch films.
**RK:** Every week we'd make Sunday Roast. Rosie [Huntington-Whiteley] cooked the vegetables.
**NH:** I cooked sweet potatoes. Joshua [Helman] did chicken. Do you remember his safari salad?
**RK:** I don't think I was invited to that one.
**NH:** That was so good. That was my favorite.
**RK:** We listened to a lot of rap. It is, like, the only thing [Nick and I] have in common.
**NH:** Have you seen the video of Kendrick Lamar rapping over Taylor Swift?
**RK:** No.
**NH:** He freestyles to "Shake It Off." It's *good*.
**GLAMOUR:** Nick, you're a biker, right?
**NH:** I wouldn't say a *biker*. I ride a bike. I don't go around in all the leathers, with a mustache, bandana. We rode a bike in *Mad Max,* remember?
**RK:** Oh, yeah.
**NH:** With Melissa [Jaffer, who's also in the film]. She is one of my favorite [people]. She gave me some of the best advice: "Love and be loved."
**GLAMOUR:** Did *you* give any advice to costars?
**NH:** The girls came crawling to me every morning for beauty secrets, saying, "Nick, how *do* you do it?" I would say, "Listen, girls. Rest, rest."
**RK:** "Water. Hydrate."
**NH:** "And then smash the alcohol."
**RK:** That is pretty much all we did. *—Kate Branch*

## Plus: Riley and the King

Her last name might be Keough, but that doesn't make her any less Presley. The 25-year-old actress is the granddaughter of Elvis and Priscilla, and the daughter of Lisa Marie. A few family pics:



1969
Riley's grandparents, Elvis and Priscilla, with her mom, Lisa Marie



1989
Lisa Marie and then-husband Danny Keough with baby Riley



2010
Riley with brother Benjamin on what would've been Elvis' 75th birthday

RIEKENBERG: **PATRICK DEMARCHELIER.** STILL: **TIM HOUT.** STYLIST: JOHN OLSON FOR HALLEY RESOURCES. SCARF ILLUSTRATION: **BROWN BIRD DESIGN.** DRIVER: STEVE GRANITZ/WIREIMAGE. RUIZ: PAUL MORIGI/GETTY IMAGES FOR NETFLIX. ANDERSON: NEILSON BARNARD/GETTY IMAGES FOR FOOD NETWORK MAGAZINE. KEOUGH AND HOULT: **MATT IRWIN.** 1969: FRANK CARROLL/SYGMA/CORBIS. 1989: CESARE BONAZZA/CONTOUR BY GETTY IMAGES. 2010: MARK HUMPHREY/AP PHOTO

by Tracy Allen, astrologer

# This May, Stay Strong

You'll need to—the month has all the joys of driving in rush hour: Even after you figure out a way to navigate around that traffic (what with Mars in fickle Gemini doing its best to confuse you on the 11th), Saturn is there to block your progress on the 15th. But think of this as reaching a detour, not a dead end. With a little creativity, you'll still get to where you want to go.



*Happy birthday, Cate Blanchett!*
*May 14*

## TAURUS

**Apr. 20–May 20**

Whoa, social butterfly. When Venus lands in your communication house this month, you'll be seriously in demand. Easiest way to make it all happen? Get your friends together for a nice dinner—it *is* your birthday. Bonus: The new moon in your sign on the 17th is tempting you to try a new style; the gang can give you plenty of feedback.

## GEMINI

**May 21–June 20**

Mercury goes retrograde from May 18 to June 11, totally derailing your verbal skills. Thankfully, active Mars is revving up in your sign at the same time, so you can still *do* something. Throw yourself into some solo research at the office, or cook up a nice meal for your partner when you get home—your actions will speak for themselves.

## CANCER

**June 21–July 22**

With Venus arriving in your sign on the 7th, your love life will get *Mindy Project* cute. You'll be especially irresistible on the 16th and the 21st, so, if you're attached, drop some hints for your other half to step things up on your next night out. Single ladies, try something out of the ordinary (bowling? a poetry slam?) and actually *talk* to that cute guy across the room. Bold girls finish first.

## LEO

**July 23–Aug. 22**

With a new moon in your ambition angle on the 17th, your career will be kicking into high gear. Tackle a major project at work and cue boss approval; or, if you're thinking of shifting careers, this is the perfect time. Revise your résumé, hit up a new LinkedIn contact, and prove what you're capable of!

## VIRGO

**Aug. 23–Sept. 22**

Once mental Mercury turns retrograde in your goals house on the 18th, you'll have three weeks to slow your hectic life down and really think about your objectives. That five-year plan starting to sound a little meh? Refocus yourself! Hannah Horvath got herself to grad school; figure out what *you* want and you'll be set.

## LIBRA

**Sept. 23–Oct. 22**

Venus climbs to the top of your chart on the 7th, pushing you into the spotlight. This is your Beyoncé moment: You're feeling ready to be seen and heard. Schedule a big work presentation, or impress your crew at karaoke night. Whatever the venue, all eyes are on you this month.

## SCORPIO

**Oct. 23–Nov. 21**

A full moon in your sign on the 3rd will send you into an emotional tailspin, but it's a Sunday, so go ahead and take all day to indulge your crazy. Grab Bellinis and brunch with the girls and unburden yourself with some gossip, or take a risk and send a flirty text to that friend who *may* turn out to be more. You'll wake up on Monday feeling much more normal, promise.

## SAGITTARIUS

**Nov. 22–Dec. 21**

Serious Saturn has been in your sign since December, so you've been extra focused on your goals. But the planets in your relationship angle this month remind you there are other people in your life, and you need to see them! Coordinate weekend Spin-class dates with your friends, or set up a reunion with your college roommates. Never underestimate your support system.

## CAPRICORN

**Dec. 22–Jan. 19**

Mobilizing Mars and the sun land in your health-and-fitness zone on the 11th and 21st, motivating you to get healthy, stat. Schedule some doctor appointments, brown-bag a salad to work, go to that lunch-hour yoga class for once—seize the moment, and these little things can add up to a whole new, improved lifestyle.

## AQUARIUS

**Jan. 20–Feb. 18**

Several planets travel through your pleasure house in May, giving you permission to get a bit saucy. Slip your number to someone who catches your eye on your morning commute, or sneak onto a roof for a late-night picnic with your significant other. Summer's almost here—live a little!

## PISCES

**Feb. 19–Mar. 20**

Your domestic angle is the hangout of choice for half the planets this month, so if you've been putting off a home project, this is the time to tackle it. Avoid major renovations from May 18 to June 11; Mercury retrograde is not the time to get into anything that requires commitment (or attention to detail).

## ARIES

**Mar. 21–Apr. 19**

Fearless Mars charges into your communication sector on the 11th, giving you the courage to speak your mind for the next six weeks. If your friend's been dropping the ball on plans, tell her to get it together and stop flaking. While you're on a roll, *finally* run that idea you've been sitting on by your boss. See, words really are powerful.

JEFF VESPA/WIREIMAGE



.com Get your daily forecast at **glamour.com/horoscopes,** and check out a new video series with astrologer Susan Miller.

# The Get-It Guide

All the info you need to buy the stuff you love in this month's issue

**Cover**
On Parker: Oscar de la Renta dress, $2,590, oscar delarenta.com. Phyne by Paige Novick earring, $750, Bergdorf Goodman, NYC. On Mrs. Obama: Narciso Rodriguez dress, $2,295, select Barneys New York. On Washington: Narciso Rodriguez dress, similar styles at narcisorodriguez.com. Vita Fede earrings, $775, vitafede.com. Jennifer Meyer bracelet, $6,500, select Barneys New York.

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All prices are approximate.

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# Checks, Please!

Bye-bye, picnic blankets and little-girl dresses—the Dos & Don'ts of new grown-up gingham are here.




You've gotta love a guy who goes for it. But with pink shoes *and* a hat? Too much.

Checks already have a countryish air; add fringe and you're a full-on cowgirl Don't.

## Make It a Do

Gingham can be as cool and edgy as plaid, but one thing: This fabric hogs the spotlight, so limit it to one or two pieces *max.* A jacket and skirt work (we love Dakota Johnson's oversize checks and bustier, above left). Or try one standout dress or topper. Want to mix prints? Make sure they have a color in common (see Alexa Chung, above). Looking good, girls!

RED AND WHITE SKIRT: VALENTINA FRUGIUELE/BLAUBLUT EDITION. HUNTINGTON-WHITELEY: BERETTA/SIMS/REX USA. BLUE AND WHITE DRESS, PLATINUM HAIR: SILVIA OLSEN/REX USA. CHUNG. WHITE SHIRT: REX USA. GUY DON'T: PIERRE SUU/FILMMAGIC. COWGIRL DON'T: JASON KEMPIN/GETTY IMAGES FOR IHEART MEDIA. MUSTAPARTA: TOMMY TON/TRUNK ARCHIVE. GINGHAM COAT: THEURBANSPOTTER/BLAUBLUT EDITION. JOHNSON: RAT TAMARRA/WIREIMAGE. ROSE-COLORED GLASSES: YANNI BASSETTI/GETTY IMAGES. CROP-TOP PANTSUIT: SANDRA SEMBURG/BLAUBLUT EDITION

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